Panasonic

Microwave Oven
Operation Guide & Cookbook

NN-7855 / NN-6855 / NN-6755 / NN-6705 / NN-6455 / NN-6405

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have never used a microwave oven before, you will realise that a microwave oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven.
After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

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MEASURING EQUIPMENT FOR RECIPES

Left hand measurements are for Australian and New Zealand users and the right hand measurements are for South African users.

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Safety Instrucions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens.
   Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.
c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.
d) Before use, the user should check that utensils are suitable for use in microwave ovens.

Important Instructions

WARNING——To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING—— Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa.)

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If a fire occurs in the oven, touch the STOP/RESET Pad and Leave Door Closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 10 cm of space at back, 5 cm on both sides and on top of oven. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range **or sink etc.**
   c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. These ovens may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 72 for technical specifications.

Circuits

Your microwave ovens should be operated on a separate 220 - 240 V 10 A circuits from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell. (unless otherwise stated in Cooking Guide section.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length.
Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).
From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.
Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:
Metal substances REFLECT microwave energy and because there is no absorption there is no heating. This is why the oven interior is either stainless steel or epoxy-coated stainless steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:
Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:
Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a Microwave Oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating.
Do not use delicate glassware.
Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide (continued)

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.
Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.
Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.
The surface of a browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of bicarbonate of soda.
Do not use your browning dishes on or in a conventional stove.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used on the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave.
Frozen dinner trays can be used on microwave if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.
Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

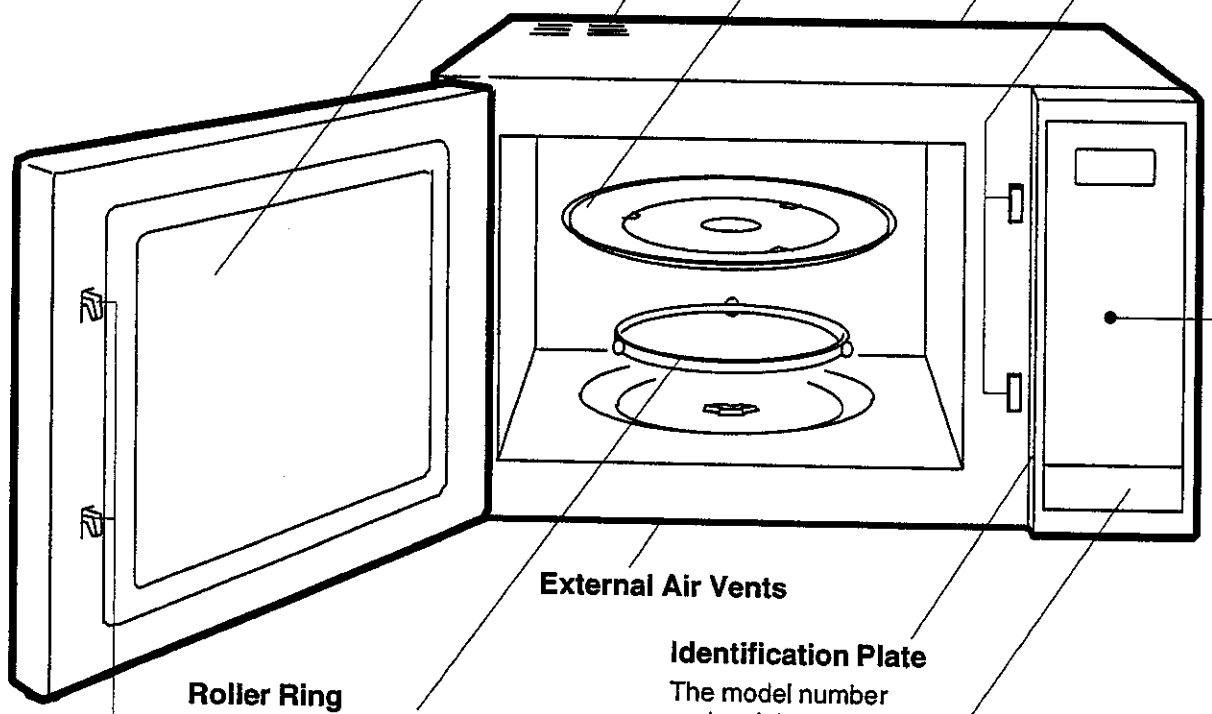
Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Feature Diagram

Glass Tray

1. Do not operate the oven without Roller Ring and Glass Tray in place.
2. Only use Glass Tray specifically designed for this oven. Do not substitute any other glass tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Glass Tray touch the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



Roller Ring

1. Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. Roller Ring must always be used together with Glass Tray for cooking.

Identification Plate

The model number and serial number are displayed here.

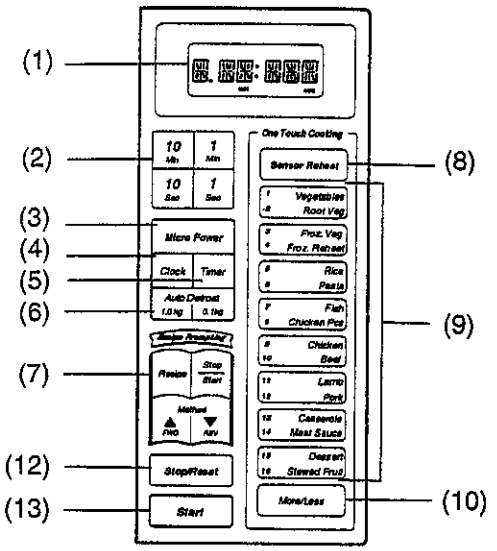
Door Release Button

Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking programme and there is no risk of microwave exposure.

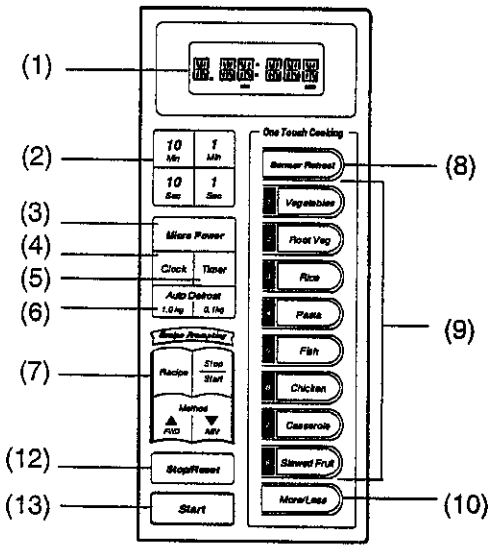
Door Safety Lock System

Control Panel

NN-7855/6855



NN-6755/6705



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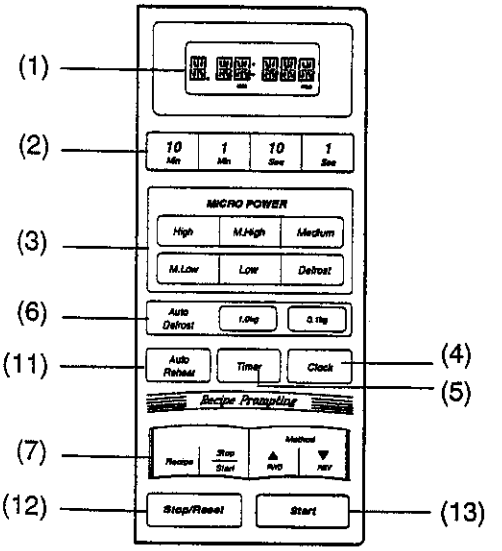


★Your Control Panel design might be different from the illustration in this book.

(1) Display Window
(2) Time Pads
(3) Micro Power Pad(s) (☛P 12)
(4) Clock Pad (☛P 10)
(5) Timer Pad (☛P 21)
(6) Auto Defrost Pad (☛P 14)
(7) Recipe Prompting Pads (☛P 22)
(8) Sensor Reheat Pad (☛P 17)
(9) One Touch Cooking Pads (☛P 16)
(10) More/Less Pad (☛P 16)
(11) Auto Reheat Pad (☛P 20)

(12) Stop/Reset Pad

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the display window.

(13) Start Pad

One tap allows oven to begin functioning. If door is opened or STOP/RESET Pad is pressed once during oven operation, START Pad must again be pressed to restart oven.

Word Prompters:

When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the display window.

Let's Start to Use Your Oven !

NN - 7855 / 6855 / 6755 / 6705

1 Plug in

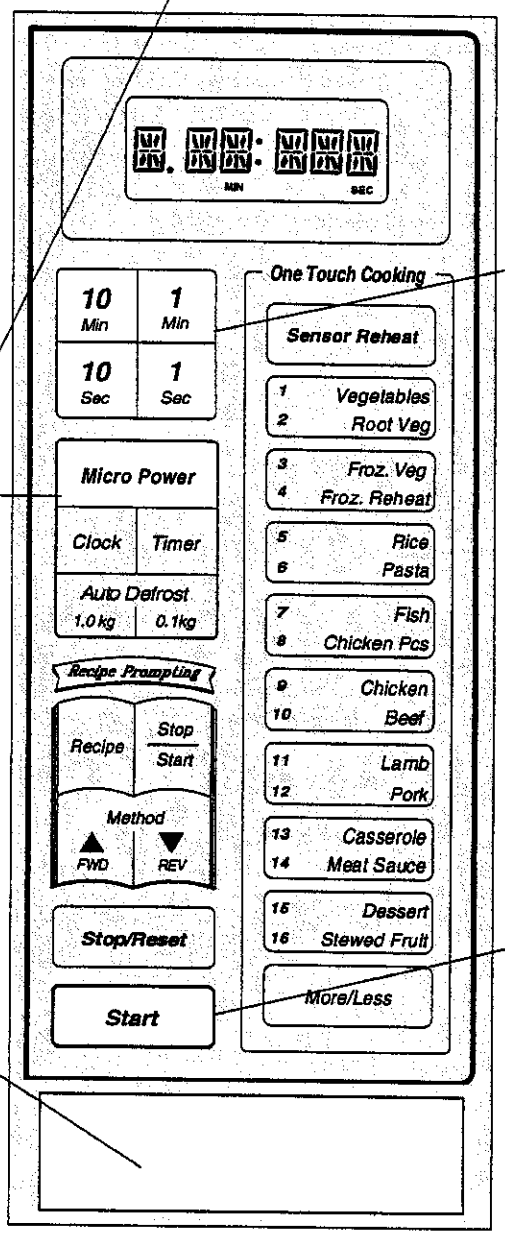
Plug into a properly grounded electrical outlet. "WELCOME TO WORD PROMPTING" appears in the display window. (This will immediately cease when any pad is pressed.)

2 Press

Open the door and place the food on Glass Tray in the oven. Then close the door.

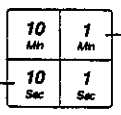
3 Select Power Level

e.g. MEDIUM power - Press Micro Power pad four times. (see page 12 for Micro Power chart)



4 Set Time

e.g. 1 minute 30 seconds



5 Press

1 Plug in

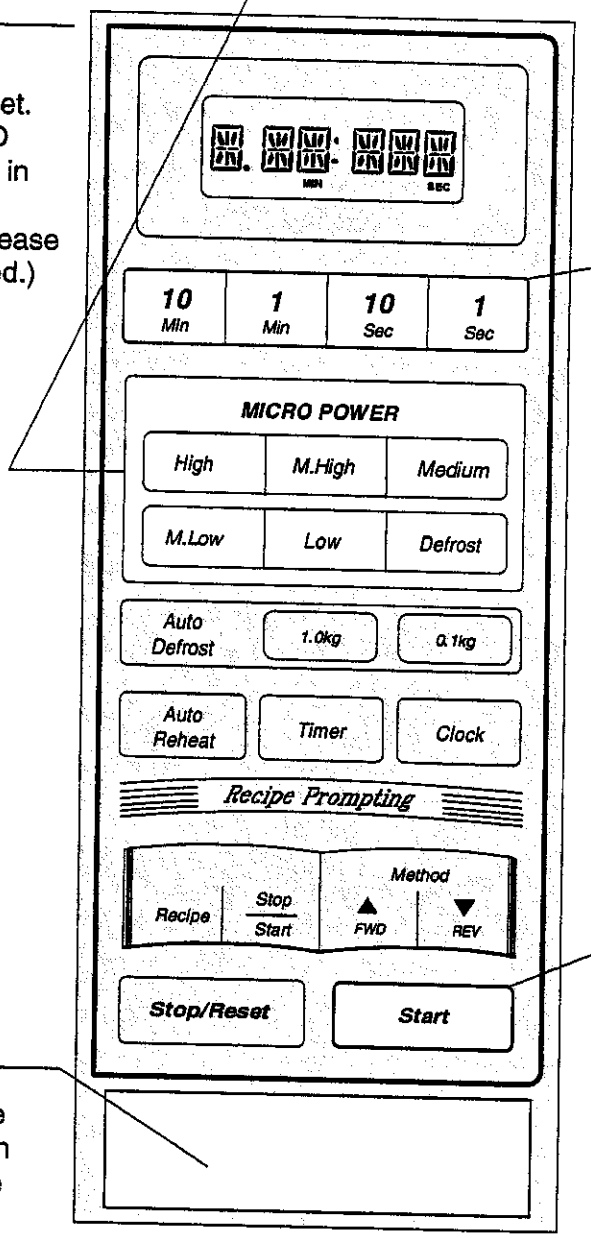
Plug into a properly grounded electrical outlet. "WELCOME TO WORD PROMPTING" appears in the display window. (This will immediately cease when any pad is pressed.)

2 Press

Open the door and place the food on Glass Tray in the oven. Then close the door.

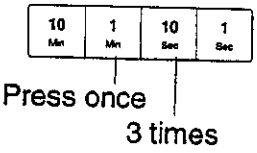
3 Select Power Level

Press the pad of your desired power.
Note: When selecting HIGH power, you can start from step 4.



4 Set Time

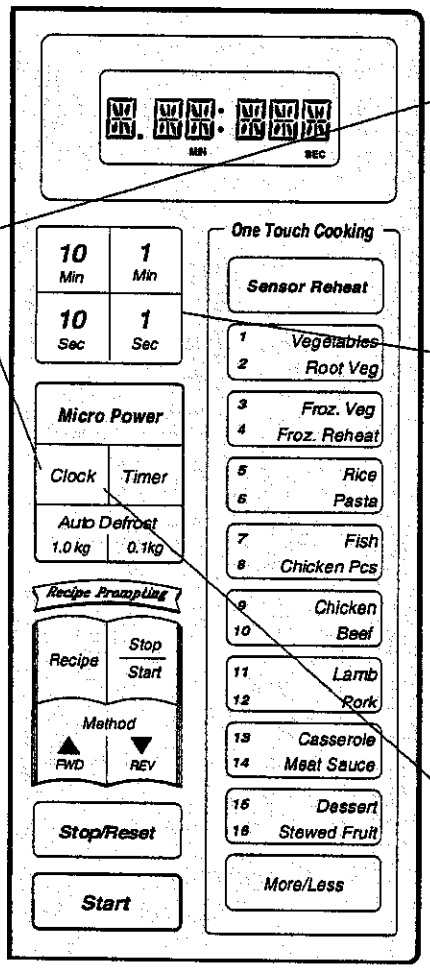
e.g. 1 minute 30 seconds



5 Press

To Set Clock

You can use the oven without setting the clock.



1 Press

▶ Colon will blink.

2 Enter Time of Day

e.g. 11:25

Press once — 10 Min / 1 Min — once

2 times — 10 Sec / 1 Sec — 5 times

▶ Time appears in the display window; colon is blinking.

Note: Max time available is 12:59.
Clock is 12 hour only.

3 Press

▶ Colon stops blinking; time of day is entered and locked into display.

Note: Oven will not operate while colon is still blinking.

NOTES:

1. To reset time of day, repeat step 1 through step 3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.

Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the operation guide can be turned off.

To turn off:

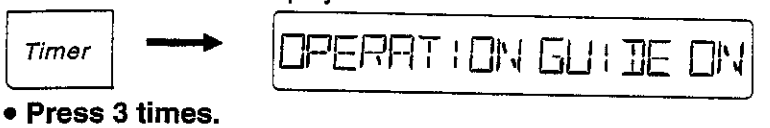
Display

Colon or time of day appears in the display window.

- **Press 3 times.**

To turn on:

Display



Colon or time of day appears in the display window.

- **Press 3 times.**

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. You can set Child Safety Lock when colon or time of day is displayed.

To set:

Colon or time of day is displayed. → *Start* → Display: LOCK

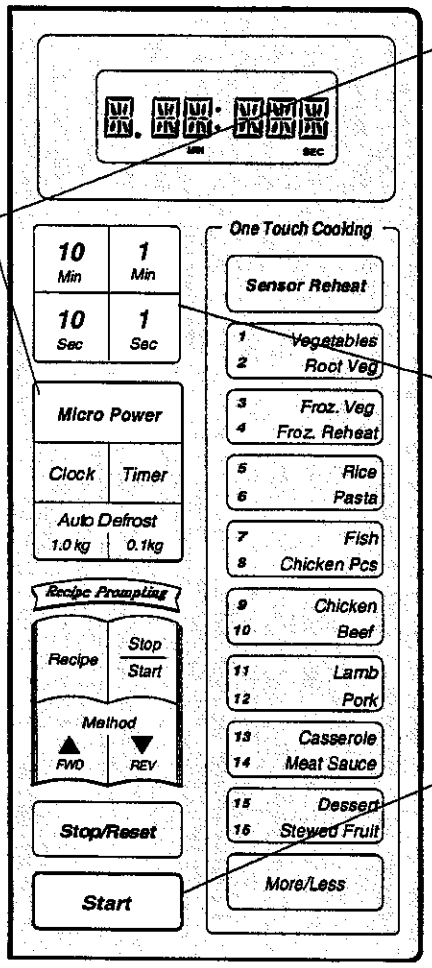
- **Press 3 times.**

To cancel:

Display: LOCK → *Stop/Reset* → Colon or time of day appears in the display window.

- **Press 3 times.**

To Cook / Reheat / Defrost by Micro Power and Time



1 Select Power Level

NN-7855/6855/6755/6705:
Press Micro Power Pad until the desired power level appears in the display window.
NN-6455/6405:
Press desired Micro Power Pad.

Note: When selecting HIGH power on the first stage, you can start from step 2.

2 Set Cooking Time

(up to 99 minutes and 99 seconds for a single stage)

3 Press

▶ Cooking will start.
The time in the display window will count down.

Two/Three stage cooking:
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g. Casseroles - HIGH 10 mins to bring to the boil then MED-LOW 30 mins to finish by simmering.

Micro Power:

The Micro Power Pad gives you a selection of different power levels used for cooking foods at different speeds. To select the correct power level for cooking different foods, refer to the chart below:

POWER LEVEL	POWER	EXAMPLE OF USE
HIGH	100 %	Boil water, cook fresh fruit, vegetables, rice and pasta. Preheat browning dish. Reheat soups, stews, casseroles.
DEFROST	30 %	Thaw Foods.
MEDIUM-HIGH	70 %	Cook poultry, meat, cakes, desserts. Heat milk.
MEDIUM	55 %	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs & cheeses. Cook fish.
MEDIUM-LOW	30 %	Simmer soups, stews and casseroles (less tender cuts). Soften butter & cream cheese.
LOW	10 %	Keep cooked foods warm, simmer slowly.

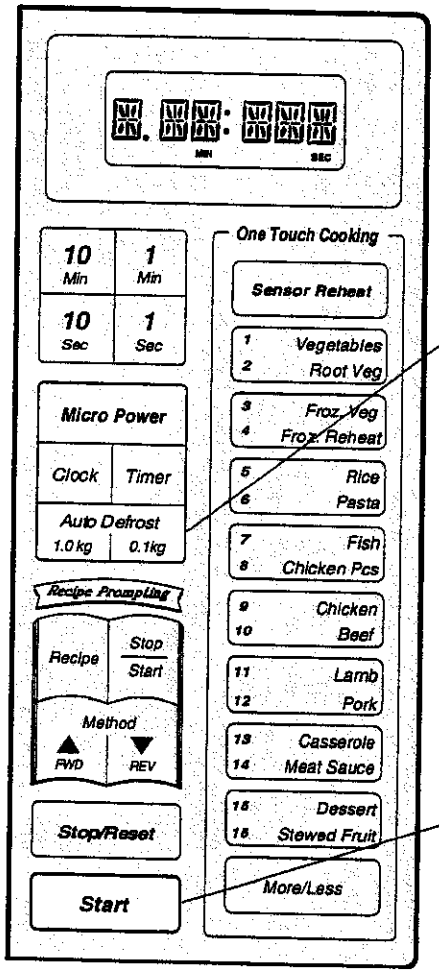
Reheat by setting Power and Time – Frozen Convenience Foods

FROZEN ITEM (Pre-cooked)	POWER	TIME (in minutes)	SPECIAL INSTRUCTIONS
BREAD & BAKED PRODUCTS			
Bread 1 slice	MEDIUM-HIGH	10 to 15 sec	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.
1 loaf	MEDIUM-HIGH	2 to 4	
6 rolls	MEDIUM	2 to 3	
Cheesecake (600 g)	DEFROST	2 to 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MEDIUM-HIGH	6 to 8	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 to 3	Defrost on paper lined plate. Stand 2 minutes.
PIES			
Fruit Pie (500 g)	DEFROST	6 to 8	Remove from foil container and a place uncovered into a pie dish.
	then MEDIUM-HIGH	6 to 8	
Meat Pie (300 g)	DEFROST	4 to 6	Place onto paper towel lined plate.
	then MEDIUM	2 to 3	
Pizza (350 g)	HIGH	5 to 7	Remove from package and place onto paper towel or follow manufacturers' instructions.
FROZEN MEAL			
Fish in Sauce (200 g)	MEDIUM	5 to 6	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	4 to 6	Pierce pouch.
Lasagne (300 g)	MEDIUM	10 to 12	Remove from foil container, place into serving dish.
Plate Food	DEFROST	3 to 4	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
	then MEDIUM-HIGH	3 to 4	
TV style dinner (320 g)	MEDIUM	8 to 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 to 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS			
Chicken Pieces (500 g)	DEFROST	5 to 7	Place onto paper towel lined plate.
	then MEDIUM-HIGH	6 to 8	
Croissants – 4 (250 g)	MEDIUM	2 to 3	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST	3 to 5	Place onto paper towel lined plate.
	then HIGH	2 to 3	
Sausage Rolls (250 g)	MEDIUM	3 to 5	Place onto paper towel lined plate.

To Defrost

Auto Defrost

This feature allows you to defrost meat, poultry and seafood by weight.



1 Set Weight

Weight must be programmed in kilograms and tenths of a kilogram.

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size.

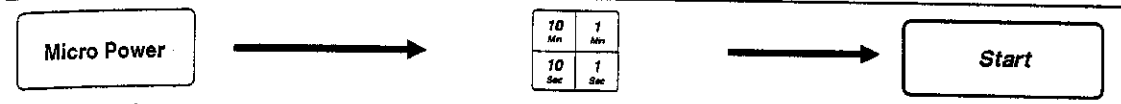
2 Press

▶ Defrosting time appears in the display window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

NOTES:

1. Stand time or power level may be programmed after Auto Defrost (See pages 12 and 21).
2. For further information, refer to next page.

Defrost by Micro Power and Time setting



• Press twice. • Set time. • Press.

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a roasting rack in a dish on Glass Tray.
2. On Auto Defrost, the oven will beep twice halfway through the defrosting time. At beep, turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time remove any defrosted portions of mince, cubed meat etc.
4. After defrosted, large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to defrost completely.

Defrosting Chart (by setting time):

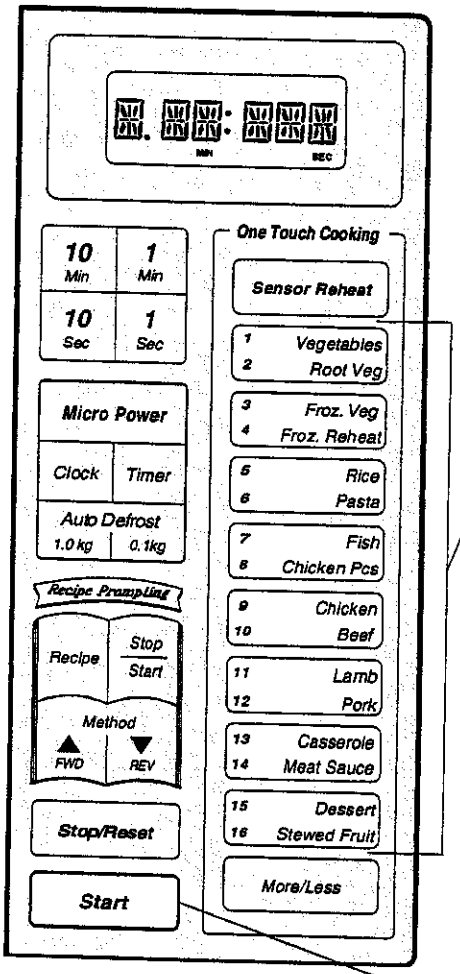
FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	8 to 11	Turn meat over two to three times during defrosting.
Roast: Topside	12 to 15	
Beef Tenderloin	12 to 15	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Chuck or Rump	10 to 13	
Sirloin, rolled	11 to 14	
Steak	8 to 10	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
Miscellaneous	8 to 12	
Pork/Lamb		
Roast	9 to 12	Large roasts may still be icy in centre. Allow to stand.
Chops	8 to 11	
Ribs	8 to 12	
POULTRY		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones, and ends of poultry with foil.
Chicken		
whole	9 to 12	
pieces	8 to 11	
fillets	8 to 10	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
Duck	10 to 12	
Turkey	10 to 13	Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish Fillets	9 to 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also break apart prawns or scallops. Remove any pieces that are defrosted.
Whole Fish	9 to 12	
Crabmeat	8 to 10	
Lobster Tails	8 to 10	
Sea Scallops	8 to 10	Allow to stand for 5 to 10 minutes before cooking.
Green Prawns	10 to 12	

To Cook / Reheat using One Touch Cooking

NN - 7855 / 6855 / 6755 / 6705

One Touch Cooking allows you to cook foods without selecting times and power levels. The sensor detects the amount of steam generated by the food and it is cooked automatically.

Sensor Cook



1 Select Category

To select the lower food category in NN-7855/6855, press Food Category Pad twice.

e.g.

9	Chicken
10	Beef

Press twice for Beef.

▶ Category appears in the display window.

More/Less Pad:

Preferences for food doneness vary with each individual. After having used One Touch Cooking a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less Pad, the auto sensor programmes can be adjusted to cook food for a longer or shorter time.
Press More/Less Pad before pressing Start Pad.

1 tap : More cooking with indication "MORE"
2 taps : Less cooking with indication "LESS"
3 taps : revert to Standard cooking

If you are satisfied with the result of the Auto Sensor program, you don't have to use this pad.

2 Press

▶ After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

To recall the selected category, press any One Touch Cooking Pad.

For best results, follow these recommendations:

1. The door should not be opened before the time appears in the display window.
2. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.

Sensor Reheat

Sensor Reheat → *Start*

- **Press.**

- **Press.**
- ▶ After the burst of steam is detected by the SENSOR, the remaining reheating time appears in the display window and begins to count down.

For best results on sensor reheat, follow these recommendations:

1. All foods must be previously cooked and must be at room temperature or refrigerator temperature.
2. Foods should always be covered loosely but completely with plastic wrap or casserole lid which does not seal. (Do not use any snap closing lids.)
3. Foods weighing less than 125 g and more than 1 kg should be reheated by power and time only.
4. All foods should have a covered stand time of 3 to 5 minutes.
5. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.
6. **Do not** use if oven cavity is warm.

Sensor Reheat (125 g - 1.0 kg)

- All foods must be pre-cooked. Casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
- Foods should be reheated from refrigerator or room temperature, do not reheat frozen foods on this setting.
- Do not reheat in foil or plastic containers as unsuccessful reheating times will result.
- All foods should be covered securely with plastic wrap or a fitting lid.
- Where possible after heating, stir foods and stand covered for 3 to 5 minutes before serving.

Vegetables (125 g - 1.0 kg)
Root Vegetables (125 g - 1.0 kg)

- All vegetables should be trimmed or prepared and cut into evenly sized pieces.
- Add 1 tablespoon to 1/4 cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriately sized dish, and cover securely with plastic wrap or a fitting lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- If possible, stir vegetables after cooking time is displayed.

Frozen Vegetables (125 g - 1.0 kg)

- Suitable for all types of frozen vegetables.
- Place in a suitable sized dish.
- Best results are achieved if large quantities are placed in a single layer.
- 1 tablespoon to 1/4 cup of water may be added if vegetables appear slightly dehydrated or a softer texture is desired at the completion of heating.
- Butter, herbs etc. may be added before heating but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitting lid.
- At the completion of heating, stir larger quantities of vegetables and allow to stand covered for 2 to 3 minutes.

Frozen Reheat (125 g - 1.0 kg)

- All foods must be pre-cooked and frozen.
- Suitable for heating casseroles, plated dinners, soups, stews, pasta dishes (except lasagne).
- Reheat in a suitable sized dish.
- Where possible place foods on a dinner plate or flat type dishes.
- Do not reheat foods in foil or plastic containers as unsuccessful reheating times will result.
- All foods should be securely covered with plastic wrap or a fitting lid.
- Where possible, stir foods when the cooking time appears in the display window.
- At the completion of heating, stir foods and allow to stand covered for 2 to 3 minutes.

Rice (100 g·1/2cup - 500 g·2 1/2cups)

- Suitable for cooking short and long grain rice, and quick cooking brown rice.
- Do not cook brown rice or wild rice on this setting.
- Place rice with water in a 2 to 3 litre dish.
- Using a larger sized dish will prevent rice from boiling over.
- We recommend the following proportions of rice to water: 1/2 cup of rice with 1 cup of water, 1 cup of rice with 1 1/2 cups of water and 2 cups of rice with 3 cups of water.
- Always use cold tap water when cooking rice by One Touch Cooking.
- Do not cook rice in plastic containers as unsuccessful cooking times may result.
- Dish should be covered securely with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of the cooking time allow the rice to stand for 5 to 10 minutes.

Pasta (125 g - 500 g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large sized dish to prevent from boiling over.
- Use hot tap water at a ratio of:
  125 g pasta / 3 cups water
  250 g pasta / 4 cups water
  375 g pasta / 6 cups water
  400 g pasta / 7 cups water
  500 g pasta / 8 cups water
  add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5 to 10 minutes at the completion of cooking time.

Fish (125 g - 1.0 kg)

- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with the skin side down.
- Butter, herbs, or spices may be added to add flavour.
- Overlap thin ends of fillets to prevent overcooking.
- Whole fish may be filled with seasoning and the cavity held closed with wooden skewers.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- Cover dish securely with plastic wrap or a well fitting lid.
- Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

Chicken Pieces (250 g - 1.5 kg)

- Suitable for cooking chicken pieces.
- Chicken pieces should be cooked completely thawed.
- Marinate chicken pieces before cooking for added flavour and colour.
- Arrange chicken pieces skin side up with thicker, meatier portions towards the edge of the dish.
- Cover dish securely with plastic wrap.
- Once countdown time appears in the display window, remove plastic wrap and re-arrange or turn chicken.
- Always allow 5 to 10 minutes standing time at the completion of cooking.

Chicken (900 g - 2.0 kg)

- Suitable for cooking whole chickens.
- Whole chickens should be cooked directly from the refrigerator and totally thawed.
- Tie legs together with string.
- Place onto a microwave rack set inside a dish. Place whole poultry breast side down.
- Cover completely with plastic wrap.
- Do not stuff poultry with raw meat. Bread crumb or cooked rice seasonings may be used.
- If required, shield the chicken breast, wings or drumsticks with small pieces of foil to prevent from drying out.
- Once countdown time appears in the display window, remove plastic wrap and re-arrange or turn chicken.
- Always allow 10 to 15 minutes standing time at the completion of cooking. This makes carving the meat easier and ensures that the heat is even throughout.

Beef (1.0 kg - 2.5 kg)

- Suitable for cooking rump, topside, sirloin or tenderloin roasts.

Lamb (1.0 kg - 2.5 kg)

- Suitable for cooking leg, shoulder, loin or rack of lamb roasts.

Pork (1.0 kg - 2.5 kg)

- Foreloin, middle loin or leg pieces are suitable for roasting.

Following hints apply to the above three categories:

- Roasts weighing less than 1.0 kg and greater than 2.5 kg should be cooked by manual Micro Power.
- Select roasts that are uniform in shape for best results. If roast is uneven, tie with string or shield thin portions once countdown appears.
- Less tender cuts of meat, e.g. chuck should not be cooked by One Touch Cooking, use a lower manual Micro Power setting to tenderise.
- Whole roasting pieces should be totally thawed before cooking.
- Meats may be marinated, seasoned or stuffed before cooking.
- Do not sprinkle roasts with flour as it will not dry and crisp like in a conventional oven.
- Place roasts fat side down on a microwave rack set into a dish.
- Cover securely with plastic wrap.
- Once countdown time appears in the display window, remove the plastic wrap and turn, re-arrange or shield roast if required.
- Always allow 10 to 15 minutes standing time after cooking. This makes carving easier and ensures that the heating is even throughout.

Casserole (500 g - 2.0 kg)

- Suitable for cooking casseroles with less tender cuts of meat combined with liquid and vegetables.
- Cut meat and vegetables into even size pieces.
- Place in a suitable sized dish. Dish should be approximately 3/4 full.
- Do not use plastic dishes as incorrect cooking time may result.
- Add 1/2 to 1 cup of soup, broth or stock per 500 g of meat.
- Cover securely with plastic wrap or a well fitting lid.

Meat Sauce
(250 g - 1.0 kg weight of meat)

- Suitable for cooking meat sauce recipes using minced meat combined with liquid and vegetables.
- Suitable recipes include Spaghetti Meat Sauce, Chicken Tacos, Beef Nachos and Spiced Mince. These recipes and examples of other suitable recipes are found in the meat section of this book.
- Cut vegetables into even sized pieces.
- All ingredients should be at room or refrigerated temperature.
- Place in a suitable sized dish.

Dessert (375 g - 1.5 kg)

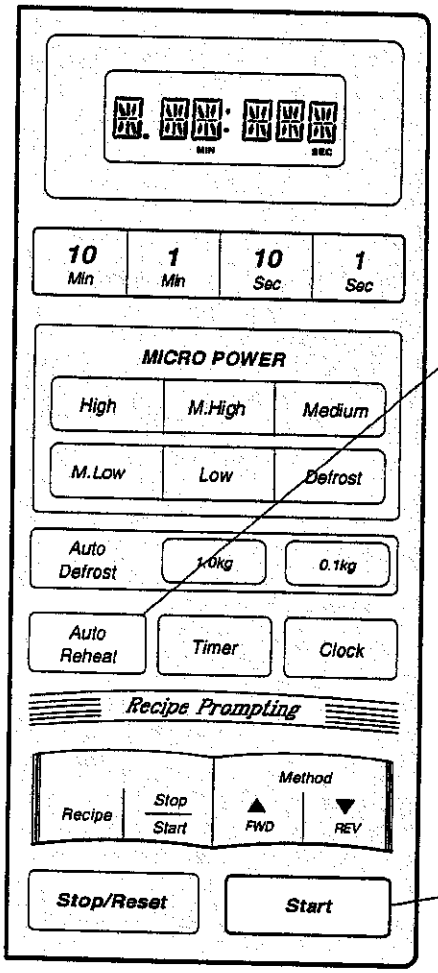
- Suitable for cooking a variety of desserts that are normally cooked on HIGH power.
- Suitable recipes include: Apple Crumble, Apricot and Raspberry Crisp, Butterscotch Pudding and Chocolate Self Saucing Pudding. These recipes and examples of other suitable recipes are found in the Cakes, Desserts and Slices section of this book.
- Place prepared desserts in a suitably sized dish (approx. 3/4 full).
- Do not use plastic dishes as incorrect cooking time may result.
- Cover securely with plastic wrap or a well fitting lid.
- Allow cooked desserts to stand for 10 minutes at the completion of cooking.

Stewed Fruit (250 g - 2.0 kg)

- Suitable for cooking fruits including rhubarb, strawberries, raspberries, blueberries, nectarines, pears, plums, apples and apricots.
- Minimum and maximum weights include sugar and water added to fruits.
- Trim and prepare fruit into uniform size pieces.
- Add approximately 1/4 cup of caster sugar and 1/2 cup of water per 250 g of fruit.
- If not adding sugar slightly decrease the water content.
- The greater the amount of water used, the softer the fruit will be.
- Do not use plastic dishes to cook stewed fruit as incorrect cooking time may result.
- Place fruit, sugar and water into an appropriate sized dish.
- Cover securely with plastic wrap or a well fitting lid.

To Reheat using Auto Reheat Pad

NN - 6455 / 6405



1 Press

until the desired weight appears in the display window.

NO. OF TAPS	DISPLAY	RECOMMENDED FOOD WEIGHT
1	280 G	250 - 300 g
2	480 G	450 - 500 g
3	680 G	650 - 700 g
4	880 G	850 - 900 g

2 Press

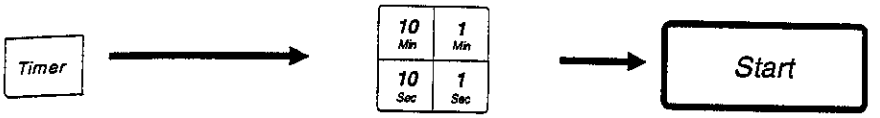
▶ Reheating time appears in the display window and begins to count down.

For best results on Auto Reheat, follow these recommendations:

1. All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
2. Foods should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
3. Foods should be covered loosely but completely with plastic wrap or a casserole lid which does not seal.
4. Foods weighing less than 250 g and more than 900 g should be reheated by power and time only.
5. All foods should have a covered stand time of 3 to 5 minutes at the end of reheating.
6. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.

To Use Timer Pad

To Use as a Kitchen Timer



- **Press.**
- **Set desired amount of time.**
  (up to 99 minutes and 99 seconds)
- **Press.**
  ▶ Time will count down without oven operating.

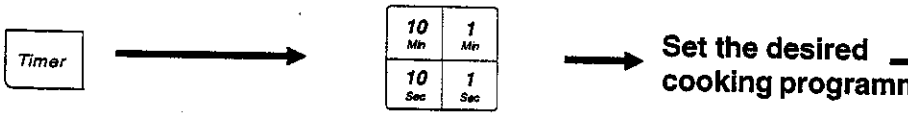
To Set Standing Time

Set the desired cooking programme. → Timer → 10 Min / 1 Min / 10 Sec / 1 Sec → Start

e.g.
Micro Power →
(see page 12 for directions)

- **Press.**
- **Set desired amount of Standing Time.**
  (up to 99 minutes and 99 seconds)
- **Press.**
  ▶ Cooking will start.
  After cooking, standing time will count down without oven operating.

To Set Delay Start



- **Press.**
- **Set desired amount of Delayed Time.**
  (up to 99 minutes and 99 seconds)

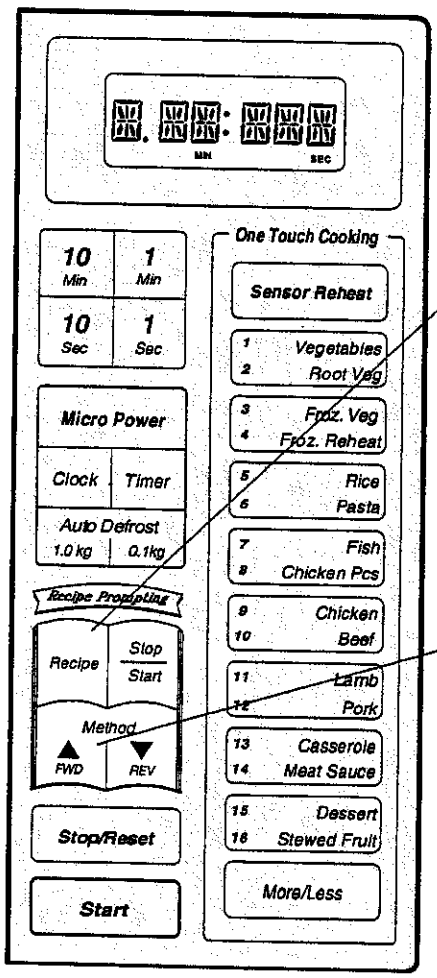
e.g.
Micro Power →
(see page 12 for directions)

- **Press.**
  ▶ Delayed time will count down.
  Then cooking will start.

NOTES:
1. If oven door is opened during the Standing Time or Kitchen Timer, the time in the display window will continue to count down.
2. Delay Start cannot be programmed before any auto control function.
   This is to prevent the starting temperature of the food from rising before defrosting or cooking begins.
   A change in the starting temperature could cause inaccurate results.

To Use Recipe Prompting

Recipe Prompting helps you to cook by following the methods in the display window.
40 recipes are programmed. (Refer to the next page.)



1 Press

until the desired recipe appears in the display window.

▶ Recipes are arranged alphabetically. The first time you use Recipe Prompting after plugging your oven in, the first recipe (Apple Spread) will appear. The next time you press the RECIPE pad, the last recipe you selected will be displayed.

2 Press

▶ The first instruction will be scrolled across the display window.

Press for the next instruction.

Press for the previous instruction.

"ENJOY YOUR MEAL" will be scrolled across the display window at the end of each recipe. For detailed information on cooking, please refer to page 12.

Stop / Start	One tap: to stop scrolling Two taps: to restart scrolling ▶ Use Start to commence cooking after selecting a power level and cooking time.
Stop/Reset	1. While instructions are in the display window, colon or time of day will appear in the display window by one tap. 2. While setting power or time, previous instruction will appear in the display window by one tap. Two taps make the colon or time of day appear in the display window. 3. While cooking, one tap stops the remaining cooking time to count down. The next instruction will start scrolling by two taps.
Start	Cooking will start by pressing this pad.

NOTE:

Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.

For further information about cooking any of these recipes, refer to the recipe section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
1. Apple Spread	67	21. Garlic Prawns	37
2. Apricot Honey Slice	63	22. Gingered Whole Fish	37
3. Apricot Meatloaf	47	23. Herbed Vegetables	53
4. Apricot Nectar Chicken	42	24. Honey Sesame Drumsticks	42
5. Apricot Rice Pudding	62	25. Lemon Pepper Fish	35
6. Beef Stroganoff	46	26. Peach Crumble	60
7. Caramel Sauce	67	27. Pepper Pot Beef	46
8. Cheese Sauce	67	28. Potato and Leek Soup	32
9. Cheesy Mashed Potatoes	51	29. Potato Casserole	53
10. Chicken Cacciatore	39	30. Pumpkin Soup	31
11. Chicken Curry	41	31. Rich Chocolate Sauce	67
12. Chicken Risotto	41	32. Seasoned Rice	56
13. Chilli Beef	45	33. Seasoned Roast Lamb	45
14. Chinese Beef and Vegetables	46	34. Soy Chicken and Vegetables	41
15. Chocolate Brownies	58	35. Spaghetti Meat Sauce	68
16. Chocolate Fudge	64	36. Speedy Nachos	31
17. Cinnamon Poached Pears	61	37. Sweet Berry Sauce	67
18. Creamy Bacon Sauce	68	38. Tomato and Bacon Soup	32
19. Fragrant Coconut Rice	57	39. Tomato Vegetable Casserole	51
20. French Onion Beef Casserole	44	40. Vegetable Curry	53

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition
Porous, airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used in Recipe

A One Touch (Auto Sensor) Cooking

Recipe Prompting Recipe Prompting

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Covering
Covering food minimises the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking.
Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time by one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:
* Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup (250 ml) should be reduced to 1/2 cup (125 ml).
* Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
* Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
* Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
* If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum are examples.
* If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
* Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
* Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
* Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
* Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Microwave Recipe Techniques

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time.
The special features of microwave cookery make it easy to serve meals with everything piping hot.
Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meal as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MEDIUM-HIGH, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people.
Remember, if you increase the quantity of vegetables, increase the cooking time.
Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size to each other, they can be cooked in separate ramekins or small dishes at the same time.

Increasing & Decreasing Recipes

Increasing

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
- To increase a recipe from 4 to 8 servings, double each ingredient listed.
- For larger quantites of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
- Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
- Increase standing times by 5 minutes per 500 g.
- Use the same power level recommended in the original recipe.
- Increase the cooking times by: 1/3 of original cooking time for 6 servings; and an extra 1/2 of original cooking time for 8 servings.

Decreasing

- To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
- For small quantities, a small dish should be used. Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
- Use the same power level recommended in the original recipe.
- Decrease the cooking times by 1/2 to 2/3 of the original cooking time.

Cooking for One

- To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
- A smaller dish should be used, making sure the dish is still large enough to prevent the recipe form boiling over.
- Use the same power level recommended in the original recipe.
- Quarter the original cooking times, then add extra time if needed.
- Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.

Converting Recipes from Other Sources

When the recipe is written with a wattage lower than your oven, decrease the cooking time by approximately 10 % per 100 watts, e.g. 6 minutes would be reduced to 5 minutes. Alternatively, reduce the power level by one level, e.g. HIGH is reduced to MEDIUM-HIGH power.

Everyday Basics

Boiled Egg

Eggs cooked **IN THEIR SHELLS** in a microwave oven can, and often do, **EXPLODE** due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

Serves: 1

Ingredients:

1 (61 g)	egg	1 (61 g)
1/2 cup	hot water	125 ml
	aluminium foil	

Method:

Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup (250 g) glass jug with 1/2 cup (125 ml) hot water. Cook on HIGH 4 to 5 minutes for soft boiled and 5 to 6 minutes for hard boiled. Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tip: While microwaving boiled eggs doesn't save you time, it does save you electricity and, best of all, washing up. All you have to do if you want more than one egg is to use a large dish, more water (say, two cups) and cook a little longer (an extra 2 to 4 minutes).

Scrambled Eggs

Serves: 2

Ingredients:

4 x 61 g	eggs	4 x 61 g
4 tablespoons	milk	60 ml
	pinch of salt	

Method:

In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MEDIUM for 1 1/2 to 2 minutes. Stir egg and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

HINT:
TO COOK PAPPADUMS:
Place on a paper towel lined microwave safe plate. Cook on HIGH for 15 to 20 seconds for each pappadum, turning halfway through cooking. Allow to stand 1 minute before serving.

Poached Eggs

Serves: 2

Ingredients:

2 x 61 g	eggs	2 x 61 g
1/2 cup	hot tap water	125 ml
	dash of vinegar	
	pinch of salt	

Method:

Place one quarter of a cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls.
Cook water on HIGH for 1 1/2 minutes.
Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on MEDIUM for 30 to 40 seconds.
Stand covered for 1 minute before serving.

Note: The size of the egg will alter cooking time.

Fried Eggs

A good recipe for the browning dish.

Serves: 1 to 4

Ingredients:

1 to 4	eggs (61 g each)	1 to 4
1 to 2 tablespoons	butter	15 to 30 ml

Method:

Preheat a browning dish on HIGH for 3 to 5 minutes. Add butter. Break eggs into browning dish. Cook on HIGH power for:
1 egg–15 to 20 seconds
2 eggs–20 to 30 seconds
4 eggs–30 to 40 seconds
Allow to stand for 1 minute before serving.

HINT:
TO COOK BACON RASHERS:
Place bacon between 2 sheets of paper towel on a pie plate and cook on HIGH for 2 to 3 minutes.

HINT:
TO DRY FRESH BREADCRUMBS:
Place 1 cup (250 ml) of breadcrumbs on the base of a plate and heat on HIGH for 2 to 3 minutes, stirring once during heating.

Everyday Basics

Coffee

Serves: 1

Ingredients:

3/4 cups	water	190 ml
1 to 2 teaspoons	instant coffee	5 to 10 ml

Method:

Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Tea

Serves: 1

Ingredients:

3/4 cups	hot tap water	190 ml
1	tea bag	1

Method:

Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup

Ingredients:

2 teaspoons	cocoa powder	10 ml
1 teaspoon	sugar	5 ml
2 tablespoons	water	30 ml
3/4 cups	milk	190 ml

Method:

Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:

	juice of 1/2 lemon	
1 tablespoon	honey	15 ml
3/4 cups	water	190 ml

Method:

Mix all ingredients in a 2-cup (500 ml) heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

HINT:
TO REHEAT FILTERED COFFEE:
Keep a jug in the refrigerator for fresh coffee at any time. Reheat 1 mug for 1 1/2 to 2 minutes on HIGH power. (Stir coffee before heating.)

Gravy

Makes: 2 cups (500 ml)

Ingredients:

2 tablespoons	dripping or pan juice	30 ml
1	small onion, finely chopped	1
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1 1/2 cups	beef stock	375 ml
	salt and pepper	

Method:

Place dripping or pan juices and onion in a 2-cup (500 ml) jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Muesli

Makes: 3 1/2 cups (875 ml)

Ingredients:

1/3 cup	honey	85 ml
1/4 cup	oil	60 ml
2 cups	rolled oats	500 ml
1/4 cup	each of: bran, wheat germ, coconut, nuts (chopped), sunflower seeds, sesame seeds	60 ml
1/2 cup	mixed dried fruit of your choice	125 ml

Method:

Warm honey and oil (approximately 30 seconds) on HIGH until honey is melted, stirring once. Place dry ingredients in a large container and stir in honey mixture. Cook on HIGH for 6 to 7 minutes, stirring several times. Stir in selected dry fruit. Leave to go cold, and store in an airtight container.

HINT:
TO REHEAT CROISSANTS:
Wrap in paper towel (and place on a dinner plate), cook on HIGH for 15 to 30 seconds.

HINT:
TO TOAST COCONUT:
Place 1/2 cup of coconut on a paper towel in a pyrex pie plate. Cook on HIGH for 1 to 2 minutes, stirring occasionally.

Basic White Sauce

Makes: 1 cup (250 ml)

Ingredients:

2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
	salt and white pepper	
1 1/4 cups	milk	310 ml

Method:

Place butter in a 4-cup (1 litre) jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.

Tip: For cheese sauce, stir in 1/2 cup (125 ml) grated cheese once sauce has thickened.

Boiled Rice

Serves: 4

Ingredients:

1 cup	long grain rice	250 ml
1 1/2 cups	hot tap water	375 ml
1/2 teaspoon	salt	2 ml

Method:

Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.

Tip: Butter and parsley can be mixed through before serving.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:

1 cup	brown rice	250 ml
4 cups	boiling water	1 litre
1/2 teaspoon	salt	2 ml

Method:

Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 22 to 25 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.

HINT:
TO REHEAT COOKED RICE:
Add 1 to 2 tablespoons of water or a knob of butter and cook on HIGH for 2 to 3 minutes.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

40 g	butter	40 g
2	onions, finely chopped	2
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
6 cups	cooked macaroni, drained well	1,5 litre
1/2 cup	extra grated tasty cheese	125 ml
	paprika	

Method:

Place butter and onions in a 2-litre casserole dish and cook on HIGH for 3 to 5 minutes.
Add flour, mix well and cook on HIGH for 1 minute.
Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking.
Add cheese to sauce. Place macaroni and sauce in a 3-litre casserole dish. Mix well.
Top with extra cheese and sprinkle with paprika.
Cook on HIGH for 6 to 8 minutes.

Pasta

Serves: 1 to 2

Ingredients:

125 g	dried pasta	125 g
4 cups	hot tap water	1 litre

Method:

Place pasta and water in a 2 to 3-litre casserole dish. Place uncovered in microwave and cook on HIGH for 6 to 8 minutes. Allow to stand for 3 to 5 minutes before draining.

Popcorn

Serves: 2 to 4

Ingredients:

2 teaspoons	butter	10 ml
3 tablespoons	popping corn	45 ml

Method:

Place all ingredients in a loosely twisted oven bag.
Place oven bag on an inverted microwave-safe plate.
Cook on HIGH for 1 1/2 to 2 minutes.
Remove from bag and serve sprinkled with salt.

HINT:
TO REHEAT POURING CUSTARD:
Place 600 ml in a 1-litre jug and cook on HIGH for 2 to 3 minutes, stirring once.

Everyday Basics

Packet Cake

Ingredients:
1 packet cake mix (340 g)
Ingredients as recommended by manufacturer

Method:
Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into a 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:
1 tablespoon (15 ml) jam added to batter before cooking.

Add 1 cup (250 ml) sour cream to batter and halve water suggested by manufacturer.

Half a cup (125 ml) chopped nuts, 1/4 cup (60 ml) brown sugar and 1 teaspoon (5 ml) cinnamon. Mix and place on base of cake dish before cooking cake.

Two tablespoons (30 ml) honey and 30 g butter melted in glass jug on HIGH 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup (60 ml) toasted muesli mixed with 1 tablespoon (15 ml) marmalade and placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk	425 ml
3	eggs, lightly beaten	3
1/4 cup	sugar	60 ml
1 teaspoon	vanilla essence	5 ml
	pinch ground nutmeg	

Method:
Place milk in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MEDIUM-LOW for 14 to 16 minutes. Allow to stand covered for 5 minutes before serving.

HINT:
TO HEAT BABY FOOD:
When heating 100 g baby food, place the food in a small microwave safe dish and heat on HIGH for 15 to 30 seconds, depending on the initial temperature of the food. Stir and test temperature before serving or heating further.

Roasted Nuts

Serves: 2 to 4

Morish with drinks

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)	250 ml
2 teaspoons	salad oil	10 ml
	salt to taste	

Method:
Place peanuts in a single layer on a pie plate. Cook on HIGH for 3 to 5 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

Vegetable Soup

Serves: 4 to 6

Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped	500 g
1	onion, chopped	1
2 tablespoons	butter	30 ml
2 tablespoons	plain flour	30 ml
3 1/2 cups	chicken stock	875 ml
	salt and pepper	
3 tablespoons	parsley, chopped	45 ml

Method:
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup (1 litre) jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup (250 ml) of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

HINT:
TO REHEAT A SINGLE PORTION OF SOUP:
Place in microwave safe dish and cook on HIGH for 2 to 3 minutes.

Soups, Snacks and Starters

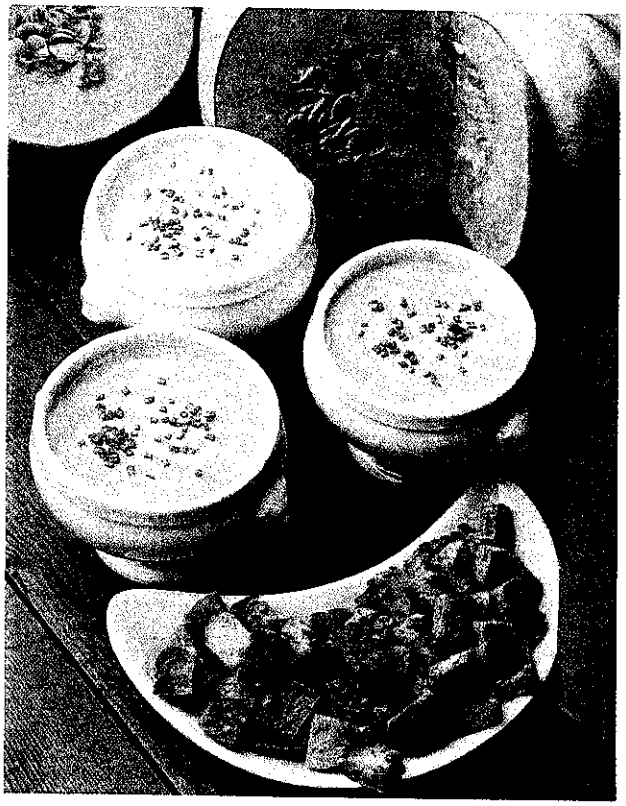
Pumpkin Soup

Serves: 4

Ingredients:

1 kg	pumpkin, chopped and peeled	1 kg
1	onion, diced	1
2 cups	chicken stock	500 ml
1 teaspoon	curry powder	5 ml
	pepper	

Method:
Place pumpkin and onion in a 2-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add chicken stock, curry powder and pepper. Cook on HIGH for 10 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor. Pour into individual serving dishes and garnish with chives.



Pumpkin Soup

Mushroom Soup

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
250 g	mushrooms, sliced	250 g
1 tablespoon	flour	15 ml
2 cups	chicken stock	500 ml
1/4 cup	white wine	60 ml
1 teaspoon	mustard	5 ml
1/2 cup	cream	125 ml

Method:
Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

Speedy Nachos

Serves: 2 to 4

Ingredients:

1 can (310 g)	red kidney beans, drained	1 can (310 g)
1 cup	chilli salsa	250 ml
180 g	packet corn chips	180 g
2 cups	grated cheese	500 ml

Method:
Place kidney beans and salsa in a 1-litre dish. Place corn chips in the base of a flat dish. Pour over sauce and top with grated cheese. Cook on HIGH for 4 to 5 mintues.

Note: Chilli salsa can be substituted with your favorite tomato relish.

Pea and Ham Soup

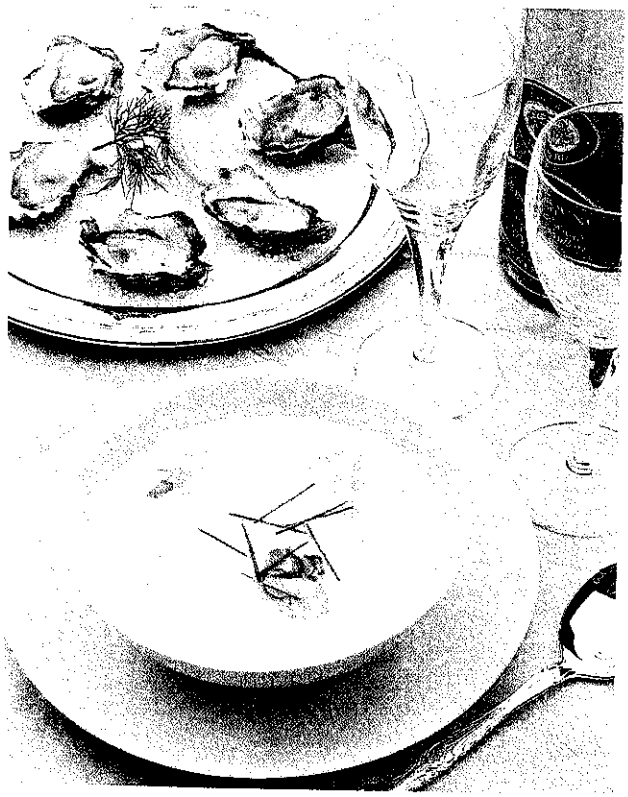
Serves: 6 to 8

Ingredients:

500 g	split peas	500 g
2 cups	water	500 ml
500 g	ham or bacon bones	500 g
1	bayleaf	1
3 cups	water, extra	750 ml
2	rashers bacon, rind removed	2
1	medium sized carrot, peeled and diced	1
1	large onion, peeled and diced	1
1/2 teaspoon	thyme	2 ml
6 cups	chicken or bacon stock	1,5 litre

Method:
Soak peas in 2 cups (500 ml) of water for at least 1 hour. Drain. Place peas and 3 cups (750 ml) fresh water in a 4-litre casserole dish with bones and bayleaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bayleaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 2 to 3 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

Soups, Snacks and Starters



Oyster Soup

Oyster Soup

Serves: 4 to 6

Ingredients:

30 g	butter	30 g
2 tablespoons	flour	30 ml
2 cups	chicken stock	500 ml
1/2 cup	cream	125 ml
20	bottled oysters, drained	20
	salt and white pepper	
	snipped chives to garnish	

Method:

Place butter in a 2-litre casserole dish and cook on HIGH for 1 minute.
Add flour, stir well and cook on HIGH for 30 seconds. Gradually add stock, stirring continuously. Cook on HIGH for 3 to 5 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on MEDIUM-HIGH for 1 to 2 minute. Spoon into individual serving dishes and garnish with chives.

HINT:
TO MAKE CROUTONS:
Remove crusts from 3 slices of bread and cut into cubes. Place in a pyrex bowl with 1 tablespoon of butter and cook on HIGH for 2 to 3 minutes.

Tomato and Bacon Soup

Recipe Prompting

Serves: 4 to 6

Ingredients:

4	bacon rashers, chopped	4
1	onion, chopped	1
1 can (840 g)	tomatoes	1 can (840 g)
2 tablespoons	tomato paste	30 ml
2 cups	chicken stock	500 ml
1 teaspoon	oregano	5 ml
	pepper	

Method:

Place bacon and onion in a 4-litre casserole dish. Cook on HIGH for 3 minutes. Add remaining ingredients and stir. Cook on HIGH for 16 to 18 minutes, stirring once during cooking. Puree in a food processor or blender and serve in individual soup bowls.

Potato and Leek Soup

Recipe Prompting

Serves: 4 to 6

Ingredients:

800 g	potatoes, peeled and diced	800 g
1 1/2 cups	thinly sliced leeks	375 ml
2 teaspoons	thyme	10 ml
	pepper	
2 cups	chicken stock	500 ml

Method:

Place potatoes, leek, thyme and pepper in a 4-litre casserole dish. Cover and cook on HIGH for 8 minutes. Stir in 2 cups of chicken stock. Cover and cook on HIGH for 14 to 16 minutes. Puree soup mixture, serve hot or cold in individual bowls.

Creamy Broccoli Soup

Serves: 4

Ingredients:

750 g	broccoli	750 g
6 cups	boiling chicken stock	1,5 litre
150 ml	cream	150 ml
2 tablespoons	chopped parsley	30 ml
	salt and freshly ground black pepper	

Method:

Cut broccoli stalks into 2.5 cm pieces. Place stalks and flowerets into a 3-litre casserole dish. Add stock to dish. Cover and cook on HIGH for 18 to 20 minutes. Drain and reserve 2 cups (500 ml) of liquid. Purée broccoli with 2 cups (500 ml) of liquid in a blender or food processor. Stir in cream and parsley. Cook on MEDIUM for 2 to 3 minutes.
Season with salt and pepper. Serve.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	onion, finely chopped	1
425 ml	boiling chicken stock	425 ml
1 can (300 g)	creamed corn	1 can (300 g)
	salt and pepper	
1 can (170 g)	crabmeat, drained	1 can (700 g)
150 ml	milk	150 ml
3 tablespoons	cream	45 ml
	chopped parsley for garnish	

Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

Nuts and Bolts

Serves: 6 to 8

Ingredients:

1/3 cup	butter	85 ml
1/2 teaspoon	curry powder	2 ml
2 tablespoons	worcestershire sauce	30 ml
1/2 teaspoon	salt	2 ml
1/4 teaspoon	garlic powder	1 ml
52 g	packet mixed rice crackers	52 g
75 g	packet sesame bits (rice crackers)	75 g
200 g	salted peanuts	200 g
125 g	packet pretzel sticks	125 g
1/2 cup	Nutri-Grain	125 ml

Method:

Place butter, curry, worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

Frankfurters

Serves: 5

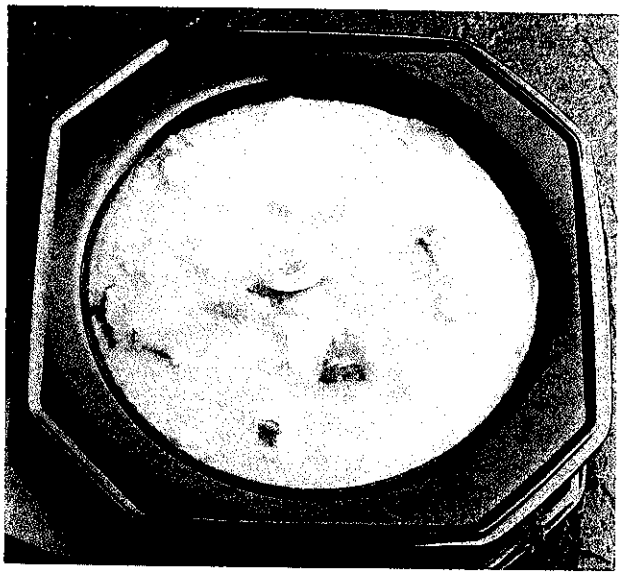
Ingredients:

10	frankfurters	10
1/4 cup	water	60 ml

Method:

Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with a lid or plastic wrap. Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.



Potato and Corn Soup

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed	6
1	onion, thinly sliced	1
500 g	potatoes, peeled and diced	500 g
4 cups	chicken stock	1 litre
1 can (440 g)	creamed corn	1 can (440 g)
2 tablespoons	flour, mixed with a little stock	30 ml
1/2 teaspoon	thyme	2 ml
	salt and pepper	

Method:

Chop bacon and place in a 3-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons (30 ml) of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

Ham and Cheese Croissants

Serves: 2

Ingredients:

2	croissants	2
4	slices ham	4
4	slices tasty cheese	4
	salt and pepper	

Method:

Cut croissants in half lengthwise.
Place cut side up on a dinner plate.
Place ham on top of each croissant.
Place cheese on top of ham.
Cook on HIGH for 1 1/2 to 2 minutes.
Season to taste with salt and pepper. Serve.

Soups, Snacks and Starters

Mini Pizzas

Serves: 2 to 4

Ingredients:

4	small round pita breads	4
2 tablespoons	tomato paste	30 ml
3/4 cups	grated Mozzarella cheese	190 ml
1/2 cup	chopped salami	125 ml
50 g	mushrooms, chopped	50 g
2	tomatoes, chopped	2
1 teaspoon	mixed dried herbs	5 ml

Method:

Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM for 4 to 5 minutes.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated	3
2 tablespoons	milk	30 ml
	salt and pepper	
1/4 cup	grated cheese	60 ml
50 g	ham, cut into strips	50 g
1	shallot (spring onion), finely sliced	1
	butter for greasing	

Method:

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot (spring onion). Place onto a well greased dinner plate.
Cook on MEDIUM for 4 to 5 minutes.
Stand for 2 minutes before folding in half to serve.

Hummus

Makes: Approximately 3 cups

Ingredients:

250 g	chick peas	250 g
8 cups	water	2 litre
2 tablespoons	lemon juice	30 ml
2 tablespoons	minced garlic	30 ml
3 tablespoons	olive oil	45 ml

Method:

Place chick peas and water in a 4-litre casserole dish and soak overnight. Cover and cook on HIGH for 15 minutes. Then for a further 45 minutes on MEDIUM-HIGH. Place all ingredients into food processor and process for 6 to 8 minutes or until smooth. If mixture is too thick add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, chopped	1
35 g	packet Taco seasoning mix	35 g
1 can (140 g)	tomato paste	1 can (140 g)
1 teaspoon	Mexican chilli powder	5 ml
1 can (310 g)	red kidney beans, mashed in liquid	1 can (310 g)
180 g	packet corn chips	180 g
1	avocado	1
1/2 cup	sour cream	125 g
1/2 cup	grated cheese	125 g
	paprika	

Method:

Place meat and onion in a 2-litre dish. Cover and cook on MEDIUM-HIGH for 6 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MEDIUM-HIGH for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Heat on MEDIUM-HIGH for 3 to 4 minutes.

Pâté

Makes: 2 cups

Ingredients:

2	rashers bacon, rind removed and bacon chopped	2
1	small onion, finely chopped	1
1	clove garlic, crushed	1
125 g	butter	125 g
375 g	chicken livers, trimmed and cut in half	375 g
1/2 teaspoon	pepper	2 ml
2 tablespoons	brandy	30 ml
2 tablespoons	sour cream	30 ml

Method:

Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup (500 ml) mould and refrigerate until set.

Fish and Shellfish

Directions for Cooking Fish and Shellfish by Microwave

Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

Fish and Shellfish Chart for Microwave Cooking by Time

FISH OR SHELLFISH	AMOUNT	POWER	APPROX. COOKING TIME (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Green Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay

Serves: 4

Ingredients:

40 g	butter	40 g
1	onion, diced	1
1/4 cup	flour	60 ml
1 teaspoon	dried or	5 ml
1 tablespoon	fresh parsley	15 ml
	pepper	
1/2 teaspoon	prepared mustard	2 ml
1 1/2 cups	milk	375 ml
1 can (440 g)	salmon	1 can (440 g)
3/4 cups	fresh bread crumbs	190 ml
1/3 cup	grated cheese	85 ml

Method:

Place butter and onion in a 4-cup (1 litre) jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Cook for a further 4 to 5 minutes on HIGH power.

Lemon Pepper Fish

Recipe Prompting

Serves: 2

Ingredients:

300 g	fish fillets	300 g
1/4 cup	lemon juice	60 ml
1 teaspoon	cracked black (ground) pepper	5 ml

Method:

Place fish, lemon juice and cracked black pepper in a 1-litre casserole dish. Cook on MEDIUM for 5 minutes. Allow to stand for 3 minutes before serving.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil	15 ml
1	onion, quartered	1
1/2 teaspoon	crushed garlic	2 ml
1/2	large red capsicum (pepper), sliced	1/2
2	sticks celery, sliced	2
2 tablespoons	sliced water chestnuts	30 ml
100 g	snow peas	100 g
1 tablespoon	honey	15 ml
1 tablespoon	sweet chili sauce	15 ml
1 tablespoon	chopped mint	15 ml
500 g	scallops	500 g

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

Oysters Kilpatrick

Makes: 12

Ingredients:

60 g	bacon, rind removed and bacon finely chopped	60 g
1 tablespoon	worcestershire sauce	15 ml
2 teaspoons	lemon juice	10 ml
12	oysters in shell	12

Method:

Mix together bacon, worcesteshire sauce and lemon juice in a small bowl. Cover bacon mixture and cook on HIGH for 1 to 2 minutes. Place oysters in shell evenly around a dinner plate and sprinkle with bacon mixture. Cook on HIGH for 2 minutes. Serve with drinks.

Fish and Shellfish

Coquille St Jacques

Italian Mussels

Serves: 2 to 4

Ingredients:

20 g	butter	20 g
1 1/2 cups	chopped leeks	375 ml
1	clove garlic, crushed	1
1 can (440g)	peeled tomatoes, roughly chopped	1 can (440 g)
1 tablespoon	tomato paste	15 ml
1/2 teaspoon	dried oregano	2 ml
1/2 teaspoon	dried basil	2 ml
	freshly ground black pepper	
750 g	fresh mussels	750 g

Method:

Place butter, leeks and garlic into a shallow 3-litre dish. Cook on HIGH for 2 minutes. Stir well. Add tomatoes, tomato paste, oregano, basil and pepper, mix well. Cook on HIGH for 3 to 4 minutes. Add mussels, spooning some of the tomato mixture into the shells to increase the flavour. Cover and cook on HIGH for 5 to 6 minutes. Serve immediately.

Smoked Red Cod

Serves: 2 to 4

Ingredients:

2 (approx. 500 g)	medium sized smoked red cod fillets	2 (approx. 500 g)
1 tablespoon	butter, melted	15 ml
3 tablespoons	water	45 ml
	freshly ground black pepper	

Method:

Place all ingredients in a large casserole dish. Cover and cook on MEDIUM for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

Coquille St Jacques

Serves: 4 to 6

Ingredients:

2 tablespoons	butter	30 ml
1	onion, finely chopped	1
60 g	button mushrooms, sliced	60 g
1/4 cup	plain flour	60 ml
2 cups	milk	500 ml
1/4 cup	white wine	60 ml
500 g	scallops	500 g
1 cup	fresh breadcrumbs	250 ml
1/2 cup	grated Swiss cheese	125 ml
2 tablespoons	chopped parsley	30 ml
	salt and pepper	

Method:

Place butter, onion and mushrooms in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, stir well. Gradually add milk and white wine, stirring continuously. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Add scallops and cook on MEDIUM-HIGH for 2 to 4 minutes. Stirring halfway through cooking. Divide mixture into 4 to 6 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each scallop mixture. Cook on HIGH for 1 to 2 minutes.

Salmon Pâté

Makes: 2 1/2 cups

Ingredients:

1 tablespoon	butter or margarine	15 ml
3	shallots, sliced	3
1 tablespoon	plain flour	15 ml
1 teaspoon	prepared mustard	5 ml
	salt and pepper	
1/2 cup	sour cream	125 ml
1/4 cup	mayonnaise	60 ml
1/4 cup	white wine	60 ml
1 tablespoon	lemon juice	15 ml
1 can (440 g)	salmon, drained and bones removed	1 can (440 g)
1 tablespoon	gelatine	15 ml
1/4 cup	water	60 ml

Method:

Place butter or margarine and shallots in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2 cup (625 ml) mould and refrigerate until set.

Gingered Whole Fish

Recipe Prompting

Serves: 2

Ingredients:

400 g	whole bream	400 g
2 tablespoons	lemon juice	30 ml
2 tablespoons	soy sauce	30 ml
1 teaspoon	minced ginger	5 ml
3	shallots (spring onions), sliced	3 ml

Method:

Place fish in a shallow casserole dish. Combine lemon juice, soy sauce, minced ginger and shallots (spring onions) in a 1-litre jug. Pour sauce mixture over fish. Cover and cook on MEDIUM for 5 to 6 minutes. Turn over and cover. Cook on MEDIUM for 5 minutes.

Whole Stuffed Fish

Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)	500 g
2 tablespoons	melted butter	30 ml

Stuffing:

1 cup	fresh breadcrumbs	250 ml
4	shallots (spring onions), sliced	4
1 teaspoon	dried basil	5 ml
	juice of 1/2 lemon	
2 tablespoons	chopped parsley	30 ml
	freshly ground black pepper	

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

Garlic Prawns

Recipe Prompting

Serves: 2

Ingredients:

60 g	butter	60 g
1 teaspoon	minced garlic	5 ml
1 tablespoon	lemon juice	15 ml
1 tablespoon	chopped parsley	15 ml
500 g	peeled green prawns	500 g

Method:

Place butter and garlic in a 1-litre dish and cook on HIGH for 1 minute. Add lemon juice, parsley and green prawns. Cook on MEDIUM for 5 to 6 minutes, stirring halfway through cooking. Serve in individual ramekins.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops	250 g
250 g (approx. 275 g)	green prawns, shelled and deveined	250 g (approx. 275 g)
1	squid cleaned and sliced	1
2 tablespoons	butter	30 ml
1	clove garlic, crushed	1
2	tomatoes, peeled and chopped	2
1 tablespoon	tomato paste	15 ml
1/4 cup	white wine	60 ml
1 teaspoon	basil	5 ml
	pepper chopped parsley	

Method:

Place cleaned seafood into a 2-litre casserole dish. Set aside. Place butter and garlic in a 1-litre casserole dish. Cook on HIGH for 1 minute. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on MEDIUM for 5 to 7 minutes. Stand for 5 minutes. Serve with salad and pasta.

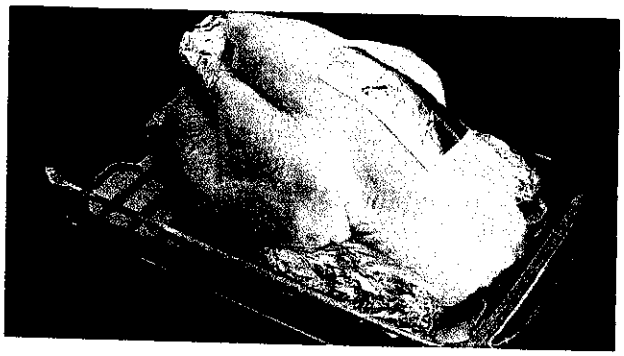
HINT:
When cooking a whole fish, remove or shield the eyes before cooking to prevent eyes exploding.

Poultry

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.
Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.
If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use 1/4 cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.

Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down after standing time.
During cooking it may be necessary to shield legs, wings and the breast bone with foil to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



Directions for Cooking Poultry Pieces by Microwave

Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.
Arrange pieces skin-side down, and evenly spread in a shallow dish.
Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc. if required.

Poultry Chart for Microwave Cooking by Time

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens (up to 2.8 kg)	MEDIUM-HIGH	87°C	10 to 15
Chicken (pieces)	MEDIUM-HIGH	87°C	6 to 8
Turkey	MEDIUM-HIGH	87°C	10 to 15
Duck	MEDIUM-HIGH	87°C	10 to 15

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	BBQ (cooked) chicken	1
500 g	potatoes, peeled and thinly sliced	500 g
1/4 cup	water	60 ml
30 g	butter	30 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
2 tablespoons	plain flour	30 ml
1 cup	chicken stock	250 ml
1 teaspoon	french mustard	5 ml
1/2 cup	cream	125 ml
3/4 cups	grated tasty cheese	190ml
	paprika	

Method:

Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup glass jug and cook on HIGH for 1 minutes. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes.

Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve with vegetables.

Chicken Breasts with Ham and Cheese

Serves: 4

Ingredients:

4	chicken breasts	4
	seasoned flour	
1 tablespoon	oil	15 ml
4 slices	ham	4 slices
4 slices	swiss cheese	4 slices
2 tablespoons	chicken stock	30 ml
2 tablespoons	white wine	30 ml
1 tablespoon	flour	15 ml
	salt and pepper	

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Coat chicken with seasoned flour. Add oil and chicken to browning dish and cook on HIGH for 6 to 8 minutes, turning halfway through cooking. Place chicken into a 3-litre casserole dish. Top each breast with a slice of ham, then cheese. Mix together stock, wine and flour and pour over chicken. Season with salt and pepper. Cook on MEDIUM for 5 to 7 minutes.

Serve with minted peas and whole new potatoes.

Roast Turkey

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg	turkey	2,5 to 2,8 kg
60 g	butter	60 g
1	stick celery, finely sliced	1
1	small onion, finely chopped	1
2	small cooking apples, peeled and grated	2
2 cup	fresh breadcrumbs	500 ml
1 tablespoon	parsley, finely chopped	15 ml
1	egg	1
	salt and pepper	
1 tablespoon	oil	15 ml
	lemon pepper or seasoned salt	

Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Place turkey breast-side down on a ceramic rack in a 3-litre casserole dish.

Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

Cook on MEDIUM for 60 to 70 minutes, turning halfway through cooking. Stand covered for 10 minutes before serving.

Chicken Cacciatore

Recipe Prompting

Serves: 4

Ingredients:

1 can (440 g)	tomatoes	1 can (440 g)
1/4 cup	tomato paste	60 ml
1 teaspoon	minced garlic	5 ml
1	onion, diced	1
2 teaspoons	dried oregano	10 ml
1 kg	chicken drumsticks	1 kg

Method:

Place all ingredients in a 2-litre casserole dish. Stir until combined. Cover and cook on MEDIUM-HIGH for 10 to 12 minutes. Turn chicken and stir. Cook on MEDIUM-HIGH for 10 to 12 minutes.

HINT:
After cooking chicken, cover with foil to retain heat while finishing the remainder of the meal.

Poultry

Roast Chicken

Serves: 4 to 6

Ingredients:

1.5 kg	chicken	1,5 kg
2 tablespoons	melted butter	30 ml
	seasoning of your choice-lemon, pepper, seasoned salt, etc.	

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken breast side down, on a rack in a 3-litre dish.

Cook on MEDIUM-HIGH for 30 to 35 minutes. Turn halfway through cooking.

Peanut Satay

Serves: 4

Ingredients:

Marinade:

1/2 teaspoon	caraway seeds	2 ml
1 teaspoon	ground coriander	5 ml
1	clove garlic, crushed	1
1 tablespoon	brown sugar	15 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	lemon juice	15 ml
	pinch salt	
750 g	boneless chicken, cut into 2.5 cm cubes	750 g
	bamboo skewers	

Satay Sauce:

3	red chillies, seeded and finely chopped	3
2	cloves garlic, crushed	2
	1 cm piece ginger, grated	
1 teaspoon	salt	5 ml
1/2 cup	peanut butter	125 ml
1 cup	water	250 ml
1/4 cup	sultanas	60 ml
1/4 cup	raisins	60 ml
1/2 cup	vinegar	125 ml
1/2 cup	sugar	125 ml
1/2 cup	peanuts	125 ml
1/4 cup	chutney (optional)	60 ml

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 24 hours. Combine all sauce ingredients in a 6-cup (1.5 litre) jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Purée sauce in a blender or food processor. Set aside. Preheat a browning dish on HIGH for 4 to 5 minutes. Thread chicken cubes onto bamboo skewers. Place chicken skewers into browning dish and cook on HIGH for 4 to 6 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

Chicken Tacos A

Serves: 4 to 6

Ingredients:

1	clove garlic, crushed	1
2	large onions, chopped	2
1 teaspoon	chilli powder	5 ml
1 (35 g)	packet taco seasoning mix	1 (35 g)
500 g	chicken tenderloins, diced	500 g
1 can (425 g)	red kidney beans	1 can (425 g)
1/2 cup	tomato paste	125 ml
3/4 cups	water	190 ml
1 cup	grated cheese	250 ml
12	taco shells	12

Method:

Combine all ingredients except cheese and taco shells in a 3-litre casserole dish. Cover and cook on MEDIUM-HIGH for 18 to 20 minutes, stirring twice during cooking. Serve in heated taco shells topped with grated cheese.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap and press Meat Sauce then Start.

Roast Honey Duck with Orange Sauce

Serves: 4 to 6

Ingredients:

1.5 kg	duck	1,5 kg
3 tablespoons	honey	45 ml
1 tablespoon	orange liqueur	15 ml
1 tablespoon	vinegar	15 ml

Sauce:

	juice of 2 oranges	
	rind of 1 orange	
1/4 cup	water	60 ml
1 tablespoon	brown sugar	15 ml
1 tablespoon	vinegar	15 ml
1 tablespoon	orange liqueur	15 ml

Method:

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork. Place honey, liqueur and vinegar in a 2-cup (500 ml) glass jug and cook on HIGH for 20 seconds. Place duck, breast side down on a ceramic rack in a 3-litre casserole dish. Brush duck with half of the honey mixture. Cook on MEDIUM-HIGH for 20 minutes. Turn duck over and brush with remaining honey mixture and cook on MEDIUM-HIGH for a further 15 to 20 minutes.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup (500 ml) jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind, and serve.

Soy Chicken and Vegetables

Serves: 4

Ingredients:

1 tablespoon	cornflour	15 ml
1/3 cup	soy sauce	85 ml
1/4 cup	water	60 ml
2 teaspoons	minced ginger	10 ml
500 g	chicken fillets, sliced	500 g
2 cups	sliced vegetables	500 ml

Method:

Place cornflour, soy sauce, water and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 2 to 2 1/2 minutes. Add chicken to dish and cook on MEDIUM-HIGH for 4 to 5 minutes. Add vegetables and cook on HIGH for 4 to 5 minutes, stirring once during cooking. Serve with boiled or fried rice.

Chicken Risotto

Serves: 4 to 6

Ingredients:

1	onion, sliced	1
2 cups	short grain rice	500 ml
1 teaspoon	dried thyme	5 ml
1 teaspoon	cracked black pepper	5 ml
4 cups	chicken stock	1 litre
1/4	green capsicum (pepper), sliced	1/4
1/4	red capsicum (pepper), sliced	1/4
2	sticks celery, sliced	2
4	shallots (spring onions), chopped	4
2	cooked sliced chicken fillets	2
1/3 cup	toasted slivered almonds	85 ml

Method:

Place onion, rice, thyme, pepper and chicken stock in a 3-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Add capsicums (peppers), celery, shallots (spring onions), chicken fillets and slivered almonds. Stir until combined and cook on HIGH for 4 minutes. Serve while warm.

Chicken Wings in Lemon Sauce

Serves: 4 to 6

Ingredients:

1 kg	chicken wings	1 kg
1/4 cup	soy sauce	60 ml
1 teaspoon	ginger powder	5 ml
2	cloves garlic, crushed	2
1/4 cup	lemon juice	60 ml

Method:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator.

Cook covered on MEDIUM-HIGH for 20 to 25 minutes. Serve hot with rice.

Pepper Chicken

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
4	chicken breast fillets	4
1 tablespoon	ground black pepper	15 ml
2 to 3	cloves crushed garlic	2 to 3
1 tablespoon	seeded mustard	15 ml
2 tablespoons	lemon juice	30 ml
1/2 cup	cream	125 ml

Method:

Preheat a browning dish on HIGH for 4 to 5 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on HIGH for 4 to 6 minutes. Turn halfway through. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and heat on MEDIUM-HIGH for 1 to 2 minutes.

Chicken Curry

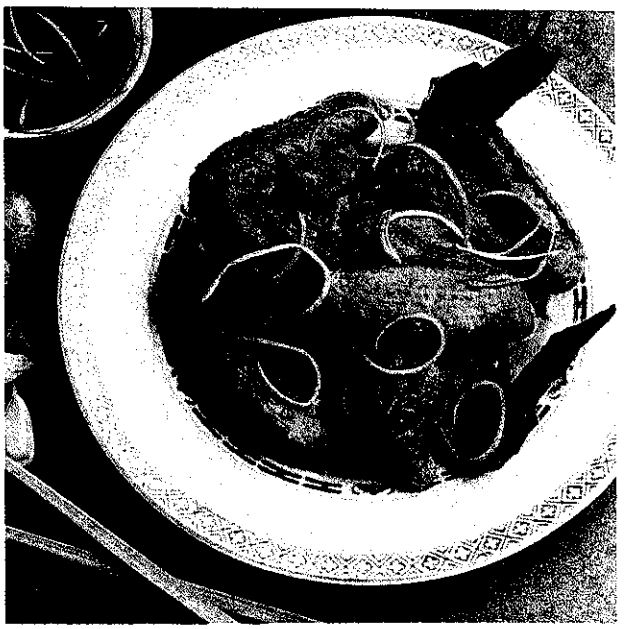
Serves: 4

Ingredients:

1	onion, chopped	1
2 tablespoons	red curry paste	30 ml
500 g	chicken fillets, chopped	500 g
2 cups	finely sliced vegetables	500 ml
1 cup	coconut milk	250 ml

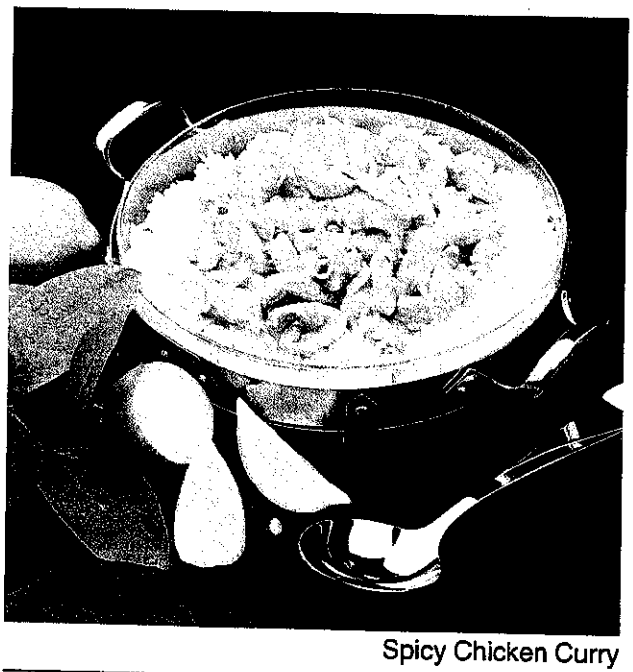
Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 3 to 4 minutes. Add chicken and combine. Cook on MEDIUM-HIGH for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on HIGH for 4 minutes. Serve with Jasmine rice.



Chicken Wings in Lemon Sauce

Poultry



Spicy Chicken Curry

Chicken Tetrazzini

Serves: 4

Ingredients:

4 cups	water	1 litre
125 g	spaghetti, broken in half	125 g
60 g	butter	60 g
1/4 cup	flour	60 ml
1/4 teaspoon	salt	1 ml
1/4 teaspoon	pepper	1 ml
1 cup	chicken stock	250 ml
1 cup	milk	250 ml
1.3 kg	BBQ (cooked) chicken	1,3 kg
125 g	mushrooms, sliced	125 g
1/4 cup	Parmesan cheese	60 ml
	nutmeg for sprinkling	

Method:

Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add spaghetti and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Heat butter in a 3-litre casserole dish on HIGH for 30 to 60 seconds. Stir in flour, salt and pepper. Gradually add stock and milk. Stir until smooth. Cook on MEDIUM-HIGH for 6 to 8 minutes, stirring every 2 minutes. Remove chicken meat from bones. Stir in chicken, spaghetti, and mushrooms. Mix well. Sprinkle with Parmesan cheese and nutmeg over top. Cook on MEDIUM for 10 to 15 minutes.

HINT:

* A No.15 (1.5 kg) chicken will make 4 cups (1 litre) of diced cooked chicken.
* 2 whole breasts will make 2 cups (500 ml) of diced cooked chicken.
* 1 chicken maryland will make 1 cup (250 ml) of diced cooked chicken.

Spicy Chicken Curry

Serves: 4 to 6

Ingredients:

2 tablespoons	oil	30 ml
2	onions, finely chopped	2
1	clove garlic, crushed	1
1 teaspoon	finely grated root ginger	5 ml
2 teaspoons	ground coriander	10 ml
1/2 teaspoon	ground turmeric	2 ml
1 teaspoon	ground cumin	5 ml
1 teaspoon	chilli powder	5 ml
3 tablespoons	vinegar	45 ml
1 kg	chicken breast fillets, cut into strips	1 kg
1 cup	chicken stock	250 ml
1/4 cup	coconut cream	60 ml
1/4 cup	fruit chutney	60 ml

Method:

Place oil, onions, garlic and ginger in a 3-litre dish and cook on HIGH for 3 to 5 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 2 to 4 minutes. Add chicken and stock to onion mixture and cook on MEDIUM for 15 to 20 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

Apricot Nectar Chicken

Recipe Prompting

Serves: 4 to 6

Ingredients:

200 ml	apricot nectar	200 ml
40 g	packet French onion soup	40 g
1 kg	chicken drumsticks	1 kg

Method:

Combine apricot nectar, soup and drumsticks in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 20 to 25 minutes turning once during cooking. Serve chicken with rice or pasta.

Honey Sesame Drumsticks

Recipe Prompting

Serves: 3 to 4

Ingredients:

8	chicken drumsticks	8
1 teaspoon	chopped garlic	5 ml
1 teaspoon	chopped ginger	5 ml
1/4 cup	soy sauce	60 ml
1/4 cup	honey	60 ml
2 tablespoons	sesame seeds	30 ml

Method:

Place all ingredients in a 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in a pie plate with meatiest ends to the outside. Cook on MEDIUM-HIGH for 18 to 22 minutes, turning once during cooking.

Main Fare Meats

Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.

Place meat on a microwave rack in a suitable dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.
Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking.
Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy.
Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur.
Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface.

After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use 1/2 to 2 cups of soup, broth, etc. per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.
If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.
Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef		
Roasts		
Rare	MEDIUM-HIGH	8 to 10
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MEDIUM-HIGH	12 to 15
Loin of Pork	MEDIUM-HIGH	12 to 15
Pork Chops	MEDIUM-HIGH	6 to 8
Ham Canned (fully cooked)	MEDIUM-HIGH	5 to 7
Lamb		
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 15

Main Fare Meats

Goulash

Serves: 4

Ingredients:

500 g	lamb chops	500 g
1	onion, chopped	1
1	clove garlic, crushed	1
1 tablespoon	butter or margarine	15 ml
2 tablespoons	tomato paste	30 ml
1/2 teaspoon	paprika	2 ml
1	small capsicum (pepper), cut into 2.5 cm cubes	1
1 cup	beef stock	250 g
2 tablespoons	flour	30 ml
2 tablespoons	water	30 ml
2 tablespoons	sour cream	30 ml

Method:

Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock. Cover and cook on MEDIUM for 25 to 30 minutes stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on HIGH for 1 to 2 minutes.

Stir in sour cream and serve with pasta and rice.

Lamb and Mushroom Kebabs

Makes: 8 skewers

Ingredients:

1/4 cup	red wine	60 ml
2 teaspoons	lemon juice	10 ml
1 tablespoon	oil	15 ml
1	clove garlic, crushed	1
1/2 teaspoon	ground coriander	2 ml
	freshly ground black pepper	
500 g	boneless leg lamb, trimmed and cut into 3 cm cubes	500 g
200 g	mushrooms, stalks removed	200 g
1 tablespoon	oil	15 ml

Method:

Combine red wine, lemon juice, oil, garlic, coriander and pepper in a jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight. Preheat a browning dish on HIGH for 4 to 6 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers. Approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers in dish. Cook on HIGH for 2 to 3 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on HIGH for a further 3 minutes. Add remaining 4 skewers and cook on HIGH for 2 to 3 minutes. Serve on a bed of rice.

Veal Paprika

Serves: 4

Ingredients:

750 g	diced veal	750 g
250 g	mushrooms, sliced	250 g
1 cup	chicken stock	250 ml
1	onion, finely chopped	1
1 teaspoon	paprika	5 ml
	salt and pepper	
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1/2 cup	sour cream	125 ml

Method:

In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup (125 ml) of the chicken stock, onion, paprika and salt and pepper. Cook on MEDIUM-HIGH for 10 to 15 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Barbecued Marinated Spare Ribs

Serves: 4

Ingredients:

1 kg	pork spare ribs	1 kg
3/4 cups	fruit chutney	190 ml
3/4 cups	tomato sauce	190 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	worcestershire sauce	15 ml

Method:

Place all ingredients in a 3-litre casserole dish and marinate for several hours or overnight. Cook ribs on MEDIUM-HIGH for 20 minutes turning once through cooking.

French Onion Beef Casserole A

Recipe Prompting

Serves: 4

Ingredients:

1	onion, chopped	1
1 teaspoon	mixed dried herbs	5 ml
200 g	diced potatoes	200 g
500 g	chuck steak, chopped	500 g
1 (40 g)	packet French onion soup mix	1 (40 g)
1/3 cup	tomato paste	85 ml
1 cup	beef stock	250 ml

Method:

Place onion and herbs in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients, stir until combined. Cover and cook on HIGH for 10 minutes. Stir and cook on MEDIUM for 20 to 25 minutes stirring once during cooking.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap.
Press [Casserole] then [Start].

Quick Mince Hot Pot A

Serves: 4

Ingredients:

500 g	lamb mince	500 g
1	onion, chopped	1
1 (35 g)	packet French onion soup	1 (35 g)
1 tablespoon	worcestershire sauce	15 ml
1 can (425 g)	tomato puree	1 can (425 g)
2	large potatoes, peeled and diced	2

Method:

Combine all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM-HIGH for 18 to 20 minutes, stirring twice during cooking. Serve with noodles or rice.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap and press Meat Sauce then Start .

Crusted Rack of Lamb

Serves: 2 to 3

Ingredients:

1 (approx.600 g)	rack of lamb	1 (approx.600g)
3/4 cups	fresh bread crumbs	190 ml
3 tablespoons	sweet marmalade	45 ml
2 tablespoons	finely chopped mixed herbs	30 ml
	pinch cayenne pepper	

Method:

In a small bowl combine all ingredients except lamb and mix well. Place rack of lamb, fat side up on a rack set in a 3-litre dish. Spread marmalade mixture onto top side of lamb and cook on MEDIUM-HIGH for 15 to 17 minutes. Allow to stand for 5 minutes before serving.

Chilli Beef A

Recipe Prompting

Serves: 4

Ingredients:

500 g	topside beef mince	500 g
1	onion, diced	1
1 teaspoon	minced garlic	5 ml
1 (35 g)	packet chilli seasoning mix	1 (35 g)
1 can (400 g)	tomato puree	1 can (400 g)
1 can (440 g)	kidney beans, drained	1 can (440 g)

Method:

Place all ingredients in a 2-litre casserole dish. Mix well. Cook on HIGH for 20 to 25 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap and press Meat Sauce then Start .

Seasoned Roast Lamb

Seasoned Roast Lamb

Recipe Prompting

Serves: 4 to 6

Ingredients:

1.4 kg	leg of lamb	1,4 kg
1 tablespoon	seeded mustard	15 ml
1 tablespoon	rosemary	15 ml

Method:

Place lamb fat side down on a rack in a 3-litre dish. Brush with mustard and rosemary. Cook on MEDIUM-HIGH for 30 to 35 minutes, turn halfway through cooking. Stand covered for 15 minutes before slicing.

Lambs Fry and Bacon

Serves: 4

Ingredients:

750 g	liver	750 g
1/4 cup	flour	60 ml
250 g	bacon, rind removed and bacon cut into 2 cm strips	250 g
2	onions, sliced	2
1 tablespoon	butter	15 ml
1 tablespoon	ground black pepper chopped parsley	15 ml

Method:

Soak liver in water for 30 minutes, remove skin and cut liver into thin strips. Coat liver with flour and shake off any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced liver. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and liver. Return all the liver to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH 1 to 2 minutes and serve immediately.

Main Fare Meats

Curried Mince A

Serves: 4

Ingredients:

500 g	lamb mince	500 g
1	onion, chopped	1
2 tablespoons	flour	30 ml
1 tablespoon	curry powder	15 ml
2 teaspoons	beef stock powder	10 ml
450 g	potatoes, peeled and finely diced	450 g
2 cups	water	500 ml

Method:

Combine all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM-HIGH for 20 to 25 minutes, stirring halfway through cooking. Serve with boiled or steamed rice.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap and press Meat Sauce then Start.

Chinese Beef and Vegetables

Serves: 4 to 6

Ingredients:

500 g	rump steak sliced	500 g
1 teaspoon	chopped ginger	5 ml
1 teaspoon	chopped garlic	5 ml
1 tablespoon	soy sauce	15 ml
2 tablespoons	Hoi Sin Sauce	30 ml
1/2 cup	beef stock	125 ml
400 g	sliced vegetables	400 g

Method:

Place steak, ginger and garlic in a 3-litre casserole dish. Cook on HIGH for 2 minutes. In a 1-cup (250 ml) jug, combine soy sauce, Hoi Sin Sauce and beef stock, add to meat mixture. Cook on HIGH for 2 minutes. Add the vegetables and cook on HIGH for 5 to 6 minutes, stirring halfway through cooking.

Veal and Pineapple Casserole

Serves: 4 to 6

Ingredients:

750 g	veal steak, diced	750 g
2 tablespoons	seasoned flour	30 ml
125 g	bacon, rind removed	125 g
2	onions, sliced	2
1 can (450 g)	pineapple pieces, drained	1 can (450 g)
2 tablespoons	parsley, finely chopped	30 ml
1/2 teaspoon	dried basil	2 ml
1 cup	tomato puree	250 ml
1	chicken stock cube, crumbled	1

Method:

Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well. Cook on MEDIUM-HIGH for 35 to 40 minutes. Stir halfway through cooking.

Beef Stroganoff

Serves: 4

Ingredients:

1	onion, sliced	1
750 g	rump steak sliced into ribbons	750 g
2 tablespoons	tomato sauce	30 ml
2 tablespoons	worcestershire sauce	30 ml
200 g	sliced mushrooms	200 g
1	beef stock cube	1
1/3 cup	sour cream	85 ml

Method:

Place all ingredients except sour cream in a 3-litre casserole dish, stir until combined. Cook on MEDIUM-HIGH for 12 to 15 minutes stirring once during cooking. Add sour cream, stir and cook on MEDIUM-HIGH for 6 to 7 minutes.

Pepper Pot Beef A

Serves: 4

Ingredients:

1 teaspoon	minced garlic	5 ml
1	red capsicum (pepper), cubed	1
1 can (410 g)	tomatoes	1 can (410 g)
750 g	cubed beef	750 g
1/4 cup	tomato paste	60 ml
1 tablespoon	worcestershire sauce	15 ml
1 tablespoon	cracked black pepper	15 ml

Method:

Combine all ingredients in a 3-litre casserole dish. Cook on MEDIUM-HIGH for 30 to 35 minutes. Stir halfway through cooking. Serve with boiled or steamed rice.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap. Press Casserole then Start.

Irish Stew

Serves: 8

Ingredients:

750 g	lamb, cut into 2 cm cubes	750 g
2	carrots, peeled and sliced	2
2	potatoes, peeled and sliced	2
2 cups	water	500 ml
40 g	packet French onion soup mix	40 g
2 tablespoons	flour	30 ml

Method:

Arrange lamb, carrots and potatoes in a 2-litre casserole dish. Combine water, soup mix, flour and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes. Cook on MEDIUM-HIGH for 6 to 8 minutes and then cook on MEDIUM-LOW for 60 to 70 minutes. Stand covered for 5 minutes. Stir. Serve with steamed vegetables.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside	1,5 to 1,7 kg
1 tablespoon	brown sugar	15 ml
1 tablespoon	white vinegar	15 ml
1	onion, cut in half	1
4	cloves	4
6	peppercorns	6
1	bay leaf	1
3 cups	water	750 ml

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM-LOW for 1 1/4 to 1 1/2 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside, it may require a further 10 to 15 minutes on LOW.

Beef Lasagne

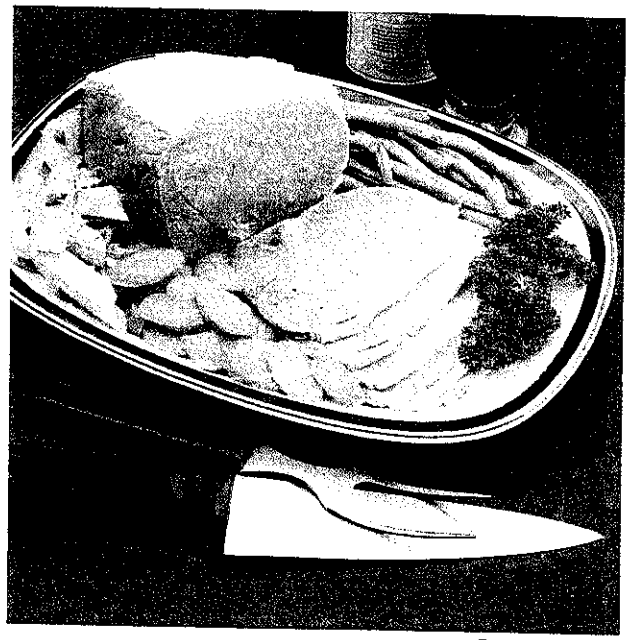
Serves: 8 to 10

Ingredients:

750 g	lean beef mince	750 g
1 cup	finely sliced mushrooms	250 ml
1	onion, finely chopped	1
1	clove garlic, crushed	1
425 g	tomatoes, roughly chopped	425 g
200 g	tomato paste	200 g
1 teaspoon	oregano	5 ml
1 teaspoon	basil	5 ml
	salt and pepper	
1/2 cup	Parmesan cheese	125 ml
500 g	Ricotta cheese	500 g
250 g	grated Mozzarella cheese	250 g
8	precooked lasagne noodles	8
1 cup	extra grated Mozzarella cheese	250 ml

Method:

Place meat, mushrooms, onion, and garlic in a 3-litre dish. Cook covered on MEDIUM-HIGH for 8 to 10 minutes. Drain off fat. Add tomatoes, tomato paste, oregano, basil, salt and pepper. Cook covered on MEDIUM-HIGH for 15 to 20 minutes, stirring halfway through cooking. Spoon quarter of the meat sauce into the base of a deep 26 cm x 20 cm dish. Mix all cheeses together, except for extra cheese. Top the meat with half the noodles and half of the mixed cheese. Spoon another quarter of the meat sauce over the cheese. Top with the remaining noodles and cheeses. Spread remaining meat sauce on cheese and sprinkle with extra cheese. Cook covered on MEDIUM-HIGH for 20 to 25 minutes.



Corned Beef

Apricot Meatloaf A

Recipe Prompting

Serves: 4 to 6

Ingredients:

500 g	minced beef	500 g
1 can (440 g)	chopped apricots, drained	1 can (440 g)
1 teaspoon	mixed dried herbs	5 ml
1	egg	1
1	beef stock cube	1
1/4 cup	tomato paste	60 ml
	ground black pepper	

Method:

Combine all ingredients in a large bowl, mix well. Place into a 12 cm x 20 cm loaf dish. Cook on MEDIUM-HIGH for 20 to 25 minutes. Cover and allow to stand for 10 minutes before serving.

Peppered Steak

Serves: 2

Ingredients:

2	slices rump steak	2
2 tablespoons	ground peppercorns	30 ml
1 tablespoon	oil	15 ml

Method:

Preheat a browning dish on HIGH for 4 to 6 minutes. Trim excess fat from steak and coat each side of steak with peppercorns. Remove dish from oven, add oil and place steaks in dish. Cook on HIGH for 2 to 4 minutes. Turn and cook for a further 2 to 4 minutes. Remove steaks and serve with vegetables.

Note: Times may vary depending on the thickness of the steak.

HINT:
It is better to cook meat for the lesser time in a recipe and add extra time if needed. This will prevent overcooking.

Vegetable Varieties

Directions for Cooking Vegetables

Fresh Vegetables by Microwave

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.
Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables by Microwave

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.
Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

Dried Beans or Peas by Microwave

Place hot tap water in a 4-litre dish.
Bring hot water to the boil on HIGH for 10 to 12 minutes. Add beans and 2 tablespoons (30 ml) oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups (750 ml) cooked. Use in place of canned beans.

Frozen Vegetables Chart for Microwave Cooking

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Beans	250 g	Cook in covered 2-litre dish.	4 to 6
Broad Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn (1/2 cob) Corn (cobs)	1/2 ear (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 to 4 5 to 7
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	4 to 6
Spinach	250 g	Cook in covered 2-litre dish.	4 to 6

Dried Beans and Peas Chart for Microwave Cooking

ITEM	CONTAINER	AMOUNT OF HOT WATER	APPROX. TIME TO BOIL HOT WATER on HIGH (in minutes) COVERED	TO COOK BEANS on MEDIUM-LOW (in minutes) COVERED
Lentils (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Soup Mix (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Split Peas or Lentils (250 g)	4-litre dish	2 litres	10 to 12	20 to 25
Beans (250g) Soaked overnight	4-litre dish	2 litres	10 to 12	25 to 30

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Asparagus	250 g	Covered dish with 1/4 cup water.	3 to 5
Beans (sliced)–finely	250 g	Covered dish with 1/4 cup water.	4 to 5
Beets	4 whole (1 kg)	Cover with 1 cup water in a 4-litre dish. Stand after cooking 5 mins.	14 to 18
Broccoli	500 g	Flowerets only, in a covered dish with 1/4 cup water.	5 to 7
Brussels Sprouts	500 g	Covered dish with 1/4 cup water.	4 to 6
Cabbage	500 g	Shredded, with 1/4 cup water in a covered dish.	6 to 8
Carrots	4 (sliced finely) (225 g)	With 1/4 cup water in a covered dish.	3 to 5
Cauliflower	500 g	Flowerets with 1/4 cup water in a covered dish.	5 to 7
Celery	6 stalks (400 g cut in 1 cm angled pieces)	With 1/4 cup water in a covered dish.	4 to 6
Corn	2 ears (500 g) 4 ears (1 kg)	Brush with melted butter and cook in a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with 1/4 cup water in covered dish.	4 to 6
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in covered dish.	3 to 4
Onions	3 (200 g)	Cut in quarters with 1/4 cup water, in a covered dish.	5 to 7
Peas	250 g	Shell peas and place with 1/4 cup water covered in dish.	3 to 5
Potatoes– Mashed Jacket	5 (500 g)	Peeled and quartered with 1/4 cup water. Prick skins, on paper towel lined plate, uncovered.	10 to 12 7 to 9
Pumpkin	500 g	Peeled and cut into uniform pieces with 1/4 cup water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With 1/4 cup water in a dish, covered.	3 to 5
Sweet Potato	500 g	In serving size pieces with 2 tablespoons butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with 1/4 cup water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon butter in a dish.	2 to 4
Zucchini	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Vegetable Varieties

Ardennis Style Potatoes

Oriental Vegetables

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1 cup	celery, sliced diagonally	250 ml
1	large onion, cut into petals	1
1	green capsicum (pepper), cut into 2.5 cm pieces	1
1	red capsicum (pepper), cut into 2.5 cm pieces	1
1 cup	sliced mushrooms	250 ml
1 tablespoon	Hoi Sin sauce	15 ml
2 teaspoons	soy sauce	10 ml

Method:

Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

Creamed Spinach

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped	1
4	shallots (spring onions), finely chopped	4
1	clove garlic, crushed	1
2 tablespoons	sour cream	30 ml
	salt and pepper	

Method:

Cook washed spinach leaves, shallots (spring onions) and garlic in a covered 3-litre casserole dish on HIGH for 5 to 7 minutes. Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

Ardennis Style Potatoes

Serves: 4

Ingredients:

4	medium sized potatoes	4
100 g	ham, finely diced	100 g
3 tablespoons	snipped chives	45 ml
50 g	butter	50 g
1/2 cup	grated Cheddar cheese	125 ml
	ground black pepper	

Method:

Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in a 2-litre casserole dish. Cook on HIGH for 6 to 8 minutes. Allow to cool slightly. Cut top off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes.

Cauliflower Au Gratin

Serves: 4

Ingredients:

500 g	cauliflower, trimmed and cut into florets	500 g
2 tablespoons	water	30 ml
2 tablespoons	butter	30 ml
1	small onion, finely chopped	1
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
1/2 cup	grated tasty cheese	125 ml

Method:

Place cauliflower and water in a shallow casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stand covered while making sauce.

Place butter and onion in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Note: Depending on the size and arrangement of cauliflower pieces, timing will vary. If smaller pieces are used, cook on HIGH for 5 to 7 minutes.

HINT:

TO SKIN TOMATOES:

Place 1 cup (250 ml) of hot tap water in a 2 to 3 cup (500 to 750 ml) jug or bowl and heat on HIGH for 1 1/2 minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.

Broccoli and Cheese Sauce

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into florets	250 g
1 tablespoon	water	15 ml
Cheese Sauce:		
2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
1 cup	milk	250 g
3/4 cups	grated cheese	190 ml
1/4 teaspoon	mustard	1 ml
	salt and pepper	

Method:

Place broccoli and water in a 2-litre casserole dish. Cover and cook on HIGH for 5 to 7 minutes. Drain and set aside. Place butter in a 4-cup (1 litre) jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Tomato Vegetable Casserole

Serves: 4 to 6

Ingredients:

200 g	mushrooms, sliced	200 g
1	eggplant, chopped	1
200 g	zucchini, sliced	200 g
1	capsicum (pepper), sliced	1
1	onion, sliced	1
1 can (410 g)	tomatoes	1 can (410 g)
1/2 cup	tomato puree	125 ml
1 teaspoon	mixed herbs	5 ml
1 teaspoon	minced garlic	5 ml

Method:

Place mushrooms, egg plant, zucchini, capsicum (pepper) and onion in a 3-litre casserole dish. Cover and cook on HIGH for 7 to 8 minutes. Add tomatoes, tomato puree, herbs and garlic. Cover and cook on HIGH for 7 to 8 minutes.

HINT:
It is better to slightly undercook vegetables as they will soften on standing. Allow to stand covered with plastic wrap or a lid.

Savoury Brussels Sprouts

Serves: 4

Ingredients:

250 g	brussels sprouts	250 g
2 tablespoons	butter	30 ml
150 g	bacon, rind removed and bacon finely chopped	150 g
1	onion, finely chopped	1
1 teaspoon	dill or basil	5 ml
1 teaspoon	sugar	5 ml

Method:

Wash and drain brussels sprouts. Cook in a covered 2-litre casserole dish on HIGH for 4 to 5 minutes. Drain. Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add brussels sprouts and cook on HIGH for 1 to 2 minutes. Serve.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:

500 g	potatoes, peeled and diced	500 g
1/4 cup	water	60 ml
1/4 cup	milk	60 ml
1/4 cup	grated cheese	60 ml

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain. Mash potatoes with a potato masher, add milk and grated cheese. Mix well. Cook on HIGH for 1 minute. Stir well before serving.

Parmesan Asparagus

Serves: 2 to 4

Ingredients:

1	bunch asparagus spears	1
2 tablespoons	water	30 ml
1 tablespoon	butter	15 ml
1	clove garlic, crushed	1
1 tablespoon	grated Parmesan cheese	15 ml

Method:

Place asparagus and water in a 2-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Drain. Place butter and garlic in a small dish and cook on HIGH for 1 minute. Add drained asparagus and mix lightly. Cook on HIGH for a further 1 minute. Sprinkle Parmesan cheese over asparagus and serve.

Vegetable Varieties

Honey Glazed Carrots

Serves: 4 to 6

Ingredients:

500 g (approx. 4)	carrots	500 g (approx. 4)
2 tablespoons	brown sugar	30 ml
2 teaspoons	butter	10 ml
2 tablespoons	honey	30 ml

Method:

Peel and thinly slice carrots.
Combine all ingredients in a 2-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stirring halfway through cooking. Serve.

Cabbage Ham and Onion

Serves: 6

Ingredients:

500 g	cabbage, shredded	500 g
2 tablespoons	water	30 ml
1	onion, finely chopped	1
1 tablespoon	butter	15 ml
125 g	ham, finely chopped	125 g
	salt and pepper	

Method:

Place cabbage and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain and set aside. Place onion and butter in a 1-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

Corn on the Cob

Scallop Potatoes

Serves: 6 to 8

Ingredients:

1 kg	old potatoes, peeled and finely sliced	1 kg
2 tablespoons	water	30 ml
300 ml	sour cream	300 ml
1/4 cup	milk	60 ml
	salt and pepper	
	paprika	
1 tablespoon	snipped chives	15 ml

Method:

Place potatoes and water in a 3-litre dish. Cover. Cook on HIGH for 10 to 12 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on HIGH for 5 to 7 minutes.

Stuffed Capsicums (Peppers)

Serves: 4

Ingredients:

4	medium sized green capsicums (peppers), remove tops and seeds	4
1 cup	cooked rice	250 ml
1/2 teaspoon	mixed herbs	2 ml
1	onion, finely chopped	1
1 cup	finely chopped ham or chicken	250 ml
1/4 cup	cream	60 ml
	salt and pepper to taste	
1/2 cup	tasty Cheddar cheese, grated	125 ml
	paprika	

Method:

Cook capsicums (peppers) in a 2-litre covered casserole dish on HIGH for 5 to 7 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums (peppers). Top with grated cheese. Cook, uncovered, on HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

Corn on the Cob

Serves: 4

Ingredients:

4 cobs	corn	4 cobs
2 tablespoons	butter	30 ml
	salt and pepper	

Method:

Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 10 to 12 minutes. Stand covered for 5 minutes. Season with salt and pepper.

Potato Casserole

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potatoes	750 g
1 cup	sour cream	250 ml
1/4 cup	milk	60 ml
3	shallots (spring onions), sliced	3
2	bacon rashers, chopped	2
1/2 cup	grated cheese	125 ml

Method:

Combine potatoes, sour cream and milk in a 2-litre casserole dish. Cook on HIGH for 15 to 18 minutes. Top with shallots (spring onions), bacon and cheese and cook on HIGH for 5 minutes.

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter	15 ml
400 g	mushrooms	400 g
1	clove garlic, crushed	1
	salt and pepper	
2 tablespoons	chopped parsley	30 ml

Method:

Place butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

Herbed Vegetables

Serves: 4 to 6

Ingredients:

200 g	sliced snow peas	200 g
200 g	sliced carrots	200 g
200 g	sliced zucchini	200 g
2 tablespoons	chopped fresh parsley	30 ml

Method:

Place snow peas, carrots and zucchini in a 2-litre casserole dish, cover. Cook on HIGH for 6 to 7 minutes, stirring once during cooking. Sprinkle with parsley and serve.

HINT:
Wrap jacket potatoes in foil after cooking. They will retain their heat for about 15 to 20 minutes.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	tomatoes (large)	2
1/4 cup	fresh breadcrumbs	60 ml
1/2 cup	grated cheese	125 ml
4	shallots (spring onions), finely sliced	4
1 tablespoon	finely chopped parsley	15 ml
	salt and pepper	
1/4 cup	extra grated cheese	60 ml

Method:

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on HIGH for 2 minutes. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Serve.

Tip: To cook 4 stuffed tomatoes, cook on HIGH for 6 to 8 minutes.

Vegetable Curry

Serves: 4

Ingredients:

1	onion, sliced	1
2 tablespoons	green curry paste	30 ml
3 cups	sliced vegetables	750 ml
1 can (440 g)	chick peas, drained	1 can (440 g)
1 cup	coconut milk	250 ml
1 tablespoon	lemon juice	15 ml
1 tablespoon	soy sauce	15 ml
1/2 cup	chopped nuts	125 ml

Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on HIGH for 4 to 5 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

Tomato and Onion

Serves: 4

Ingredients:

600 g (approx. 3)	tomatoes, thinly sliced	600 g (approx. 3)
1	onion, thinly sliced	1
1/2 teaspoon	basil	2 ml
	salt and pepper to taste	

Method:

Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 6 to 8 minutes. Serve with barbecued steak or grilled meat.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions. Cook on HIGH for time recommended in chart. Allow to stand covered before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK GRAIN on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE Quick Cook Brown (1 cup / 250 ml)	4-litre dish	2 1/3 cups (585 ml)	15 to 18	10
Brown (1 cup / 250 ml)	4-litre dish	2 1/4 cups (560 ml)	22 to 25	5
Long Grain (1 cup / 250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 to 12	5
Short Grain (1 cup / 250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 to 12	5
JASMINE (1 cup / 250 ml)	3-litre dish	1 1/2 cups (375 ml)	12 to 14	5

Directions for Cooking Pasta by Microwave

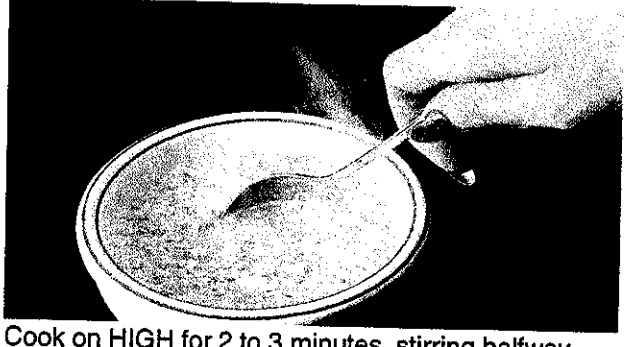
Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in chart. Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
Dried Fettucine (250 g)	4-litre dish	6 cups (1,5 litre)	8 to 10	5
Elbow Macaroni, shells etc. (250 g)	3-litre dish	4 cups (1 litre)	10 to 12	5
Fresh Spaghetti, Fettucine (375 g)	4-litre dish	6 cups (1,5 litre)	8 to 10	5
Dried Spaghetti (250 g)	4-litre dish	4 cups (1 litre)	10 to 12	5
Fresh Tortellini, Ravioli (250 g)	4-litre dish	4 cups (1 litre)	12 to 15	5

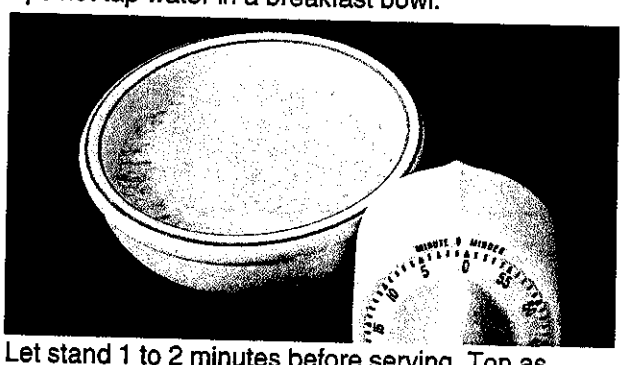
Drain pasta after standing.

Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup of quick cooking oats, pinch salt and 2/3 cups hot tap water in a breakfast bowl.



Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Paella

Serves: 6 to 8

Ingredients:

500 g	mussels	500 g
1/4 cup	water	60 ml
1	green capsicum (pepper), sliced	1
1	red capsicum (pepper), sliced	1
2	onions, sliced	2
1	clove garlic, crushed	1
2 tablespoons	butter	30 ml
2 cups	long grain rice	500 ml
1 can (440 g)	peeled tomatoes, roughly chopped	1 can (440 g)
1 cup	hot chicken stock	250 ml
	pinch saffron powder	
1 1/2 cups	cooked diced chicken	375 ml
200 g	peeled green prawns	200 g

Method:

Place mussels and water into a 3-litre dish, cover and cook on MEDIUM-HIGH for 3 to 5 minutes. Set aside. Place capsicums (peppers), onions, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 5 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on MEDIUM-HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.

Bacon and Onion Fettucine

Serves: 4

Ingredients:

250 g	fettucine	250 g
4 cups	hot tap water	1 litre
1	onion, finely chopped	1
1	clove garlic, crushed	1
3	rashers bacon, rind removed and bacon chopped	3
1/4 cup	cream	60 ml
1 tablespoon	grated Parmesan cheese	15 ml
2 tablespoons	finely chopped parsely	30 ml
1/2 teaspoon	freshly ground black pepper	2 ml
1 tablespoon	extra Parmesan cheese	15 ml

Method:

Place fettucine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand covered for 2 minutes. Drain. Place onion, garlic and bacon in a 2-litre dish and cook on HIGH for 5 minutes. Add cream, parmesan cheese, parsley, drained fettucine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.

Stir Fried Rice

Serves: 4

Ingredients:

1 tablespoon	vegetable oil	15 ml
1	clove garlic, crushed	1
	1 cm piece of green ginger, finely chopped	
1	small carrot, finely chopped	1
1	stick celery, sliced	1
1/2	green or red capsicum (pepper), cut in strips	1/2
6 to 8	medium mushrooms, sliced	6 to 8
3	shallots (spring onions), chopped	3
2	eggs	2
1	small can prawns (optional)	1
1 to 2 tablespoons	soy sauce	15 to 30 ml
2 cups	cooked brown rice	500 ml

Method:

Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum (pepper) and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MEDIUM-HIGH for 1 1/2 to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup (250 ml) uncooked rice will yield 2 cups (500 ml) cooked.

Bacon and Onion Fettucine

Rice, Pasta and Cereal

Pilaf

Pasta Salad

Serves: 4

Ingredients:

225 g	pasta shapes, i.e. shells, twists	225 g
1 teaspoon	salt	5 ml
6 cups	boiling water	1,5 litre
1 tablespoon	oil	15 ml
45 g	butter	45 g
120 g	mushrooms, sliced	120 g
4	shallots (spring onions), finely chopped	4
1	small red capsicum (pepper), deseeded and cut in julienne strips	1
1	small green capsicum (pepper), deseeded and cut in julienne strips	1
1/4 cup	salad oil	60 ml
3 tablespoons	malt vinegar	45 ml
1 tablespoon	tomato paste	15 ml
1 teaspoon	poppy seeds	5 ml
2 teaspoons	mixed dried herbs	10 ml
	cracked (ground) pepper to taste	

Method:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes. Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool.

When pasta and mushrooms are thoroughly cold place in a large bowl with shallots (spring onions) and capsicum (pepper). Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

Pilaf

Serves: 4 to 6

Ingredients:

30 g	butter	30 g
1	onion, finely chopped	1
2 cups	long grain rice	500 ml
	salt and pepper	
4 cups	boiling chicken stock	1 litre
100 g	cashew nuts	100 g
50 g	sultanas	50 g

Method:

Melt butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion and cook on HIGH for 2 to 3 minutes or until softened. Add rice and seasonings. Stir. Cook on HIGH for 2 minutes or until rice becomes translucent. Pour over boiling stock and stir. Cook on HIGH for 14 to 16 minutes. Stir through cashews and sultanas. Serve hot with your favourite chicken dish.

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:

6 cups	boiling water	1,5 litre
250 g	packet egg noodles	250 g
2	cloves garlic, crushed	2
1/2 cup	chopped fresh basil leaves	125 ml
1 tablespoon	pinenuts, finely chopped	15 ml
1/2 cup	grated Parmesan cheese	125 ml
1 cup	olive oil	250 ml
	salt and black pepper	

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

Seasoned Rice

Recipe Prompting

Serves: 4 to 6

Ingredients:

1	onion, chopped	1
1 cup	long grain rice	250 ml
1 teaspoon	thyme	5 ml
2 cups	chicken stock	500 ml
1/4 cup	toasted slivered almonds	60 ml

Method:

Place onion, rice, thyme and chicken stock in a 3-litre casserole dish. Cook on HIGH for 15 minutes. Stir, cover and allow to stand for 10 minutes. Stir through slivered almonds and serve hot.

Chicken and Mushroom Tagliatelle

Serves: 6

Ingredients:

250 g	tagliatelle	250 g
6 cups	hot tap water	1,5 litre
30 g	butter	30 g
1	onion, chopped	1
1	clove garlic, crushed	1
1 1/2 cups	diced mushrooms	375 ml
2 tablespoons	flour	30 ml
1/2 teaspoon	mustard	2 ml
1 cup	milk	250 ml
1 1/2 cups	diced cooked chicken	375 ml
1/2 cup	cream	125 ml
1/2 cup	grated cheese	125 ml
2 tablespoons	Parmesan cheese	30 ml
2 tablespoons	chopped parsley	30 ml

Method:

Heat water in a 4-litre deep sided dish on HIGH for 10 minutes. Add pasta, stir and cook on HIGH for 12 to 15 minutes. Allow pasta to stand covered while preparing sauce, then drain well. Place butter, onion and garlic in a 3-litre dish and cook on HIGH for 2 to 3 minutes. Add flour and mustard, mix well and cook on HIGH for 1 to 1 1/2 minutes. Add milk and cream, stir and cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add chicken, mushrooms, cheeses, parsley and drained pasta, mix well. Cook on MEDIUM for a further 4 to 5 minutes. Serve.

Cheesy Vegetable Tortellini

Serves: 3 to 4

Ingredients:

700 g	fresh tortellini	700 g
8 cups	hot tap water	2 litre
Sauce:		
2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
1	red capsicum (pepper), finely sliced	1
200 g	snow peas, finely sliced	200 g
1 teaspoon	dried marjoram	5 ml
1 teaspoon	cracked black pepper	5 ml

Method:

Place pasta and water in a 3-litre casserole dish. Cover and cook on HIGH for 12 to 15 minutes. While pasta is cooking, prepare all the ingredients for the sauce. When the pasta is cooked, allow to stand covered. Place the butter and flour in a 3-litre casserole dish and cook on HIGH for 30 to 40 seconds. Slowly beat in the milk and cook for a further 3 to 4 minutes, stirring once during cooking. Add the prepared vegetables, marjoram, pepper and cheese. Cook on HIGH for 2 minutes. Drain the pasta and mix through the sauce.
Serve topped with Parmesan cheese and chopped parsley.

Fragrant Coconut Rice

Recipe Prompting

Serves: 4 to 6

Ingredients:

1	onion, chopped	1
2 cups	long grain rice	500 ml
600 ml	chicken stock	600 ml
300 ml	coconut milk	300 ml
1 teaspoon	turmeric	5 ml

Method:

Place all ingredients in a 3-litre casserole dish and stir. Cook on HIGH for 16 to 18 minutes. Cover and allow to stand for 10 minutes before serving.

Spaghetti with Chilli Tomato Sauce

Serves: 4

Ingredients:

250 g	spaghetti	250 g
4 cups	boiling water	1 litre
1 tablespoon	olive oil	15 ml
1	onion, finely chopped	1
2	cloves garlic, crushed	2
2 teaspoons	crushed chillies	10 ml
1 can (425 g)	crushed tomatoes	1 can (425 g)
2 teaspoons	dried mixed herbs	10 ml
	cracked (ground) black pepper	

Method:

Place spaghetti and water in a 3-litre casserole dish. Cook on HIGH for 10 to 15 minutes. Stand covered for 2 minutes. Drain. Place oil, onion and garlic in a 4-cup (1 litre) jug and cook on HIGH for 1 to 2 minutes. Add tomatoes, chillies, herbs and pepper, stir until combined. Cover and cook on MEDIUM-HIGH for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

Creamy Tuna Penne

Serves: 4

Ingredients:

250 g	Penne	250 g
4 cups	boiling water	1 litre
1	medium onion, diced	1
2 cups	mixed sliced vegetables	2 cups
1 can (240 g)	tuna, reserve liquid	1 can (240 g)
2 tablespoons	Parmesan cheese	30 ml
1 tablespoon	dried thyme	15 ml
1 tablespoon	lemon juice	15 ml
1/4 cup	sour cream	60 ml
	cracked black pepper	

Method:

Place Penne and water in a large casserole dish and cook on HIGH for 10 to 15 minutes. Stand covered for 2 minutes then drain. Place onion in a 4-cup (1 litre) jug and cook on HIGH for 50 to 60 seconds. Add the mixed vegetables and cook on HIGH for 2 to 3 minutes. Stir in tuna and liquid, add remaining ingredients and stir until combined. Cook on MEDIUM-HIGH for 2 to 3 minutes. Place pasta in a serving bowl and pour over sauce to serve.

Cakes, Desserts and Slices

Butterscotch Pudding A

Serves: 4 to 6

Ingredients:

3/4 cups	self raising flour	190 ml
1 can (400 g)	sweetened condensed milk	1 can (400 g)
30 g	butter	30 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	milk	125 ml
1 cup	brown sugar	250 ml
1/2 cup	hot tap water	125 ml

Method:

Place condensed milk into a 1-litre casserole dish and cook on MEDIUM for 6 to 7 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk, stir until butter has melted. Cool slightly. Add milk mixture to sifted flour, mix well. Pour mixture into a 2-litre casserole dish. Sprinkle top with brown sugar and gently pour hot tap water over mixture. Cook on HIGH for 4 to 6 minutes.

To Cook by One Touch Cooking:

Cover with plastic wrap then press Dessert then Start. Serve hot.

Chocolate Self Saucing Pudding A

Serves: 4

Ingredients:

1 cup	self raising flour	250 ml
1 tablespoon	cocoa powder	15 ml
1/3 cup	caster sugar	85 ml
1/2 cup	milk	125 ml
1 teaspoon	vanilla essence	5 ml
100 g	chocolate	100 g
30 g	butter	30 g
3/4 cups	brown sugar	190 ml
2 tablespoons	cocoa, extra	30 ml
3/4 cups	water	190 ml

Method:

Sift flour and cocoa into a 2-litre bowl. Add sugar, milk and vanilla essence, mix well. Place chocolate and butter in a 2-cup (500 ml) pyrex jug and cook on MEDIUM-HIGH for 1 to 2 minutes, stir and add to mixture and mix well. Spread mixture into the base of a 2-litre casserole dish. Combine brown sugar, cocoa and water in a 2-cup (500 ml) jug and pour evenly over pudding. Cook on HIGH for 4 to 6 minutes.

To Cook by One Touch Cooking:

Cover with plastic wrap and press Dessert then Start . Serve hot.

HINT:
TO MELT CHOCOLATE:
Place 100 g broken chocolate in a 4-cup (1 litre) glass jug and heat on MEDIUM for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.

Pear Custard A

Serves: 6

Ingredients:

825 g	pear halves, drained	825 g
2 tablespoons	plain flour	30 ml
1/3 cup	caster sugar	85 ml
3	eggs	3
1 teaspoon	vanilla essence	5 ml
1 cup	milk	250 ml
1 teaspoon	cinnamon	5 ml

Method:

Grease a 20 cm square pyrex dish and place pear halves in dish then set aside. Place flour, sugar, eggs and vanilla essence in a bowl. Beat until combined. Beat in milk and pour mixture over pears and sprinkle with cinnamon. Cover dish with plastic wrap and cook on HIGH power for 7 to 9 minutes.

To Cook by One Touch Cooking:

Prepare as above, press Dessert then Start.

Chocolate Mousse

Serves: 4

Ingredients:

125 g	dark chocolate	125 g
1 tablespoon	brandy	15 ml
2	eggs, separated	2
300 ml	cream, whipped	300 ml

Method:

Break chocolate into small pieces. Place in a microwave safe bowl and cook on MEDIUM-HIGH for 1 minute. Add brandy and egg yolks and beat until smooth. Fold cream into chocolate mixture. Beat egg whites until stiff peaks form, fold into chocolate mixture and spoon into one large or 4 individual serving dishes. Refrigerate until set.

Chocolate Brownies Recipe Prompting

Makes: 1 x 20 cm square slice pan

Ingredients:

125 g	butter	125 g
200 g	chocolate	200 g
1 cup	caster sugar	250 ml
1 teaspoon	vanilla essence	5 ml
2	eggs	2
1 cup	plain flour	250 ml

Method:

Grease and line a 20 cm square pyrex dish. Melt butter and chocolate in a 2-litre dish on HIGH for 2 minutes. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on MEDIUM-HIGH for 7 to 8 minutes. Refrigerate until cold. Cut into squares.

Quick Mix Chocolate Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour	250 ml
1 cup	caster sugar	250 ml
2 tablespoons	cocoa	30 ml
3 tablespoons	butter, softened	45 ml
2	eggs	2
1/3 cup	milk	85 ml

Method:

Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MEDIUM-HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on HIGH for 10 to 15 seconds.

Sultana Cake

Serves: 4 to 6

Ingredients:

100 g	butter	100 g
1 cup	sultanas	250 ml
1 cup	brown sugar	250 ml
1 cup	milk	250 ml
1	egg, beaten	1
1/2 teaspoon	baking soda	2 ml
2 cups	self-raising flour	500 ml

Method:

Place butter, sultanas, brown sugar and milk in a heat resistant mixing bowl. Cook on HIGH for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg, baking soda and flour. Pour batter into a base lined 20 cm soufflé dish. Cook on MEDIUM for 10 to 12 minutes. Allow to cool loosely covered with plastic wrap on a wire rack.

Banana Loaf

Serves: 4 to 6

Ingredients:

90 g	butter	90 g
3/4 cups	brown sugar	190 ml
1	egg	1
2	ripe bananas, mashed well	2
3/4 cups	grated carrot	190 m
1 1/2 cups	self-raising flour	375 ml
1/3 cup	milk	85 ml

Method:

Cream butter and sugar until light and fluffy. Add egg and beat well. Add banana and carrot. Add sifted flour and milk to mixture alternately. Mix until well combined. Grease and line with paper towel a 20 cm x 10 cm loaf dish. Pour batter into dish and cook on MEDIUM for 15 to 18 minutes. Stand covered with plastic wrap for 5 minutes before turning onto a wire rack to cool.

Tip: To prevent corners from overcooking, cover ends carefully with foil.

Mocha Carrot Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour	250 ml
1/2 teaspoon	bicarbonate of soda	2 ml
1/2 cup	caster sugar	125 ml
1/2 cup	crushed pineapple	125 ml
1 cup	grated carrot	250 ml
3/4 cup	chopped pecan nuts	190 ml
60 g	chocolate	60 g
2	eggs	2
1/3 cup	oil	85 ml
Icing		
60 g	cream cheese	60 g
20 g	butter	20 g
1 1/2 cups	icing sugar	375 ml
1 tablespoon	lemon juice	15 ml
1/4 cup	chopped pecan nuts	60 ml

Method:

In a bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on MEDIUM-HIGH for 40 to 60 seconds, stir halfway through.
Add chocolate, eggs, and oil to flour mixture and mix until well combined. Grease a microwave safe ring dish and cook on MEDIUM-HIGH for 6 to 8 minutes. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

Boiled Fruit Cake

Serves: 6 to 8

Ingredients:

1 can (435 g)	crushed pineapple and juice	1 can (435 g)
500 g	mixed dried fruit	500 g
1 tablespoon	sherry	15 ml
1 cup	brown sugar	250 ml
125 g	butter	125 g
1 cup	plain flour	250 ml
1 cup	self-raising flour	250 ml
1 teaspoon	mixed spice	5 ml
1 teaspoon	baking soda	5 ml
2	eggs, lightly beaten	2
1/4 cup	extra sherry or brandy	60 ml

Method:

Combine pineapple, fruit, sherry, sugar and butter in a 2-litre casserole dish. Cook on HIGH for 4 to 6 minutes. Stand till cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm soufflé dish. Cook on MEDIUM for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

Cakes, Desserts and Slices

Apricot and Raspberry Crisp A

Serves: 4 to 6

Ingredients:

1 can (425 g)	apricots, drained	1 can (425 g)
400 g	frozen raspberries	400 g
1 cup	plain flour	250 ml
1/2 cup	brown sugar	125 ml
1 teaspoon	cinnamon	5 ml
1 cup	pecans, chopped	250 ml
1 cup	shredded coconut	250 ml
2 cups	toasted muesli	500 ml
125 g	butter	125 g

Method:

Place apricots and raspberries in the base of a 2-litre casserole dish. Place remaining ingredients except butter in a mixing bowl. Melt butter in a 2-cup (500 ml) jug on HIGH for 40 to 50 seconds, combine with dry ingredients and mix well. Crumble mixture over top of fruit. Cook on HIGH for 10 to 15 minutes.

To Cook by One Touch Cooking:

Cover with plastic wrap and press Dessert then Start. Serve hot with cream or ice cream.

Lemon and Pineapple Cheesecake

Serves: 6 to 8

Ingredients:

125 g	butter	125 g
180 g	sweet plain biscuits, crushed	180 g
250 g	cream cheese, softened	250 g
1/3 cup	sugar	85 ml
1	lemon (juice)	1
2	eggs	2
1/3 cup	flour	85 ml
1 can (450 g)	crushed pineapple, drained	1 can (450 g)

Method:

Place butter in a 1-litre dish and cook on HIGH for 1 minute. Add biscuit crumbs mix well. Press mixture into a 23 cm pie plate. Refrigerate while making filling. Place cream cheese into a mixing bowl, add sugar mix well. Add juice and rind of lemon, eggs and flour, mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on MEDIUM for 10 to 12 minutes. Refrigerate for several hours before serving.

HINT:

TO BLANCH NUTS:

Place 1 cup (250 ml) nuts in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.

Apple Crumble A

Serves:4

Ingredients:

1 can (425 g)	pie apples	1 can (425 g)
60 g	butter	60 g
1/2 cup	rolled oats	125 ml
1/4 cup	plain flour	60 ml
1/2 cup	desiccated coconut	125 ml
1/2 cup	brown sugar	125 ml
1 teaspoon	cinnamon	5 ml

Method:

Place apples in the base of a 1-litre casserole dish. Place remaining ingredients (except butter) in a mixing bowl. Melt butter in a 2-cup (500 ml) jug on HIGH for 40 to 50 seconds, combine with the dry ingredients and mix well. Spread evenly over apple. Cook on HIGH for 5 to 8 minutes.

Peach Crumble A Recipe Prompting

Serves: 4 to 6

Ingredients:

125 g	butter	125 g
1 cup	flour	250 ml
1/2 cup	caster sugar	125 ml
2 cups	toasted muesli	500 ml
1 cup	shredded coconut	250 ml
1 teaspoon	cinnamon	5 ml
1 can (810 g)	peach slices, drained	1 can (810 g)

Method:

Place butter in a 2-litre jug. Cook on HIGH for 40 to 50 seconds. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into a 1-litre casserole dish. Place crumble mixture on top of peaches and cook on HIGH for 8 to 10 minutes. Serve with ice cream or cream.

To Cook by One Touch Cooking:

Prepare as above. Cover with plastic wrap and press Dessert then Start . Serve hot.

Peach Cobbler A

Serves: 4 to 6

Ingredients:

1 can (810 g)	sliced peaches	1 can (810 g)
1	packet butter cake mix	1
1/2 cup	toasted coconut	125 ml
70 g	butter, melted	70 g

Method:

Arrange peaches on the base of a 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over peaches. Cook on HIGH for 6 to 8 minutes.

To Cook by One Touch Cooking:

Cover with plastic wrap and press Dessert then Start. Serve hot.

Pears with Caramel Sauce

Serves: 6 to 8

Ingredients:

Filling

1/2 cup	dried apricots	125 ml
1/4 cup	currants	60 ml
1/4 cup	slivered almonds	60 ml
1 tablespoon	brown sugar	15 ml
2 tablespoons	peanut butter	30 ml

Sauce

2 tablespoons	butter	30 ml
1/3 cup	brown sugar	85 ml
125 ml	cream	125 ml
3 teaspoons	cornflour	15 ml
1 tablespoon	water	15 ml
4	pears	4
	juice of 1/2 lemon	

Method:

Place all filling ingredients into a small bowl and mix well. Place butter and brown sugar into a large jug and cook on MEDIUM-HIGH for 2 minutes. Beat in cream. Combine counflour and water and stir into sauce, cook on MEDIUM-HIGH for 3 minutes, stir halfway through. Peel and cut pears in half, remove cores and brush with lemon juice. Place pears onto a large flat dish. Divide filling mixture evenly and spread over pears. Pour sauce over and cook on MEDIUM-HIGH for 3 to 5 minutes.

Butterscotch Custard and Fruit

Serves: 6

Ingredients:

400 g	apples, peeled, cored and sliced	400 g
1/2 cup	chopped dried apricots	125 ml
1/2 teaspoon	cinnamon	2 ml

Custard:

1/2 cup	brown sugar	125 ml
2 tablespoons	custard powder	30 ml
1 cup	milk	250 ml
2 tablespoons	butter	30 ml
1	egg, lightly beaten	1
2 tablespoons	toasted slivered almonds	30 ml

Method:

Combine fruit and cinnamon. Place into 6 individual ramekin dishes. Set aside. Combine sugar and custard powder. Gradually stir in milk and cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add butter and egg and beat until smooth. Pour equal amounts of custard over fruit and sprinkle with almonds. Cook on HIGH for 4 to 6 minutes.

Baked Apples

Serves: 4

Ingredients:

4	large cooking apples	4
3 tablespoons	butter	45 ml
4 tablespoons	brown sugar	60 ml
100 g	chopped raisins	100 g
2 tablespoons	chopped pecans	30 ml
4 tablespoons	golden syrup	60 ml

Method:

Core and score the skin around the middle of the apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of the apples with stuffing. Place into shallow casserole dish. Pour a tablespoon of golden syrup over each apple. Cook on HIGH for 8 to 10 minutes, or until soft. Stand 2 to 3 minutes before serving.

Cinnamon Poached Pears

Recipe Prompting

Serves: 4

Ingredients:

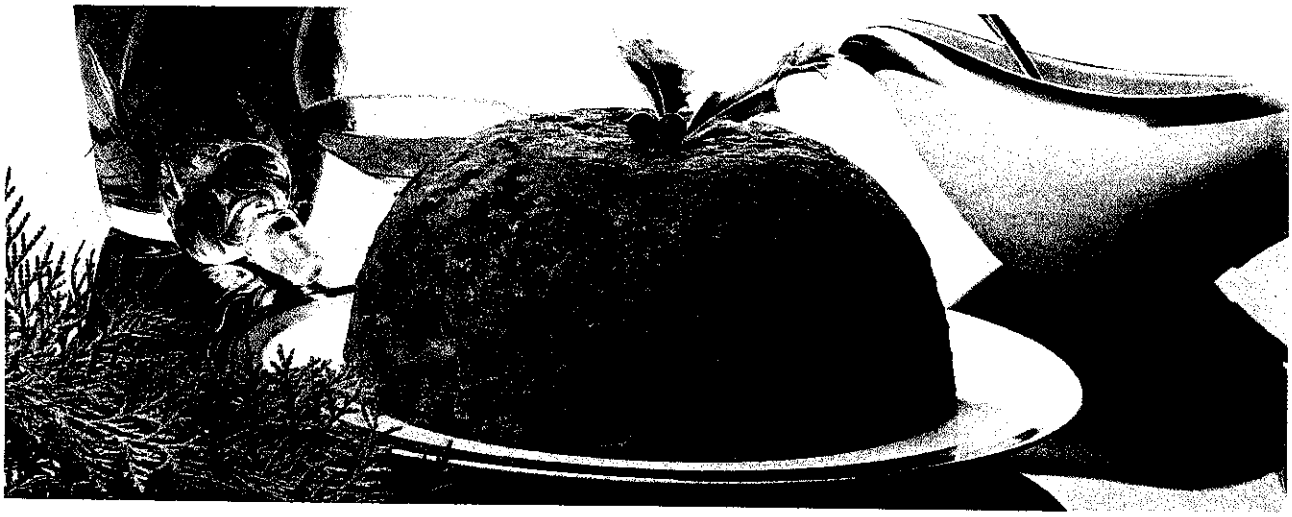
1/2 cup	water	125 ml
1/4 cup	caster sugar	60 ml
1/2 teaspoon	cinnamon	2 ml
4	pears peeled and sliced	4

Method:

Combine water, caster sugar and cinnamon in a 1-litre jug. Cook on HIGH for 2 minutes. Place the pears in a 2-litre dish, pour over syrup and cover. Cook on HIGH for 6 to 7 minutes.

Butterscotch Custard and Fruit

Cakes, Desserts and Slices



Christmas Pudding

Christmas Pudding

Serves: 10 to 12

Ingredients:

250 g	sultanas	250 g
250 g	raisins, chopped	250 g
125 g	currants	125 g
125 g	dates, chopped	125 g
100 g	mixed glacé fruit, chopped	100 g
100 g	glacé cherries	100 g
60 g	mixed peel	60 g
1/2 cup	brandy	125 ml
250 g	butter	250 g
250 g	brown sugar	250 g
4	eggs	4
1 cup	flour	250 ml
1/2 teaspoon	ground ginger	2 ml
1/2 teaspoon	nutmeg	2 ml
1/2 teaspoon	cinnamon	2 ml
1/2 teaspoon	allspice	2 ml
1 tablespoon	golden syrup	15 ml
1 tablespoon	almond essence	15 ml
1 1/2 cups	fresh breadcrumbs	375 ml
1 cup	canned apples	250 ml

Method:

Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM-LOW for 30 minutes. Stand loosely covered for 10 minutes before serving.

Steamed Jam Pudding A

Serves: 4

Ingredients:

2 tablespoons	jam	30 ml
100 g	butter	100 g
2/3 cups	caster sugar	165 ml
2	eggs	2
3/4 cups	self raising flour	190 ml
1/4 cup	milk	60 ml

Method:

Spoon jam in the bottom of a 2-litre pyrex dish. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in flour alternately with milk and mix until well combined. Pour mixture over jam. Smooth top and cook on HIGH for 5 to 6 minutes. Stand covered for 5 minutes before serving.

To Cook by One Touch Cooking:

Cover with plastic wrap and press Dessert then Start. Serve hot.

Apricot Rice Pudding

Recipe Prompting

Serves: 4 to 6

Ingredients:

6 cups	cooked rice	1,5 litre
1 can (400 g)	condensed milk	1 can (400 g)
1 1/2 cups	milk	375 ml
2	eggs	2
1/2 cup	chopped dried apricots	125 ml
1/2 cup	chopped pecans	125 ml

Method:

Combine all ingredients in a 2-litre casserole dish and cook on MEDIUM-HIGH for 15 to 20 minutes. Serve hot with ice cream and cream.

Apricot Honey Slice

Makes: 1 x 18 x 28 cm Dish

Ingredients:

185 g	butter	185 g
2 tablespoons	honey	30 ml
350 g	crushed honey snap biscuits	350 g
1/2 cup	chopped pecans	125 ml
1/2 cup	coconut	125 ml
1 cup	chopped dried apricots	250 ml

Method:

Grease and line a 18 x 28 cm dish. Place butter and honey in a 2-litre dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients and stir until combined. Spread evenly into prepared dish. Refrigerate and cut into squares when cool.

American Chocolate Slice

Makes: 12 large squares

Ingredients:

125 g	butter	125 g
1 cup	flour	250 ml
3/4 cups	coconut	190 ml
1/4 cup	sugar	60 ml
1 tablespoon	cocoa	15 ml
1 teaspoon	bicarbonate of soda	5 ml

Topping:

30 g	butter	30 g
1 cup	icing sugar	250 ml
1 cup	coconut	250 ml
1 tablespoon	cocoa	15 ml
1 1/2 tablespoons	water	22 ml

Method:

Grease a 20 cm square dish. Place butter in a mixing bowl and cook on HIGH for 1 minute. Add flour, coconut, sugar, cocoa and bicarbonate of soda and mix well. Spread into prepared dish and cook on MEDIUM for 5 to 7 minutes.

Topping:

Cream butter and icing sugar until light and fluffy. Add coconut and cocoa. Mix well. Add water and mix well. Spread over base whilst still warm and cut into squares. Cool.

Note: The topping is of a firm consistency.

HINT:
TO SOFTEN DRIED FRUIT:
Place 1 cup (250 ml) dried fruit into a small bowl. Add 2 tablespoons (30 ml) of water, cover with plastic wrap and cook on HIGH for 2 to 3 minutes.

Rocky Road

Makes: 1 x 20 cm square slice

Ingredients:

250 g	dark or milk chocolate	250 g
40 g	butter	40 g
250 g	packet marshmallows, halved	250 g
1 cup	unsalted peanuts	250 ml
1 1/2 cups	flaked coconut	375 ml
60 g	glace cherries, halved	60 g

Method:

Melt chocolate and butter in a large bowl on MEDIUM-HIGH for 2 to 3 minutes. Add remaining ingredients and mix well. Pour into a greased 20 cm square pan and refrigerate until set. Cut or break into pieces to serve.

Muesli Slice

Makes: 20 squares

Ingredients:

125 g	butter	125 g
1 cup	brown sugar	250 ml
3 tablespoons	honey	45 ml
2 cups	natural muesli	500 ml
1 cup	coconut	250 ml
1/2 cup	sultanas	125 ml
50 g	dark cooking chocolate, melted	50 g

Method:

Combine butter, sugar and honey in a 2-litre dish and cook on HIGH for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm x 28 cm flat dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g	sweet biscuits, crushed	250 g
50 g	walnuts, chopped	50 g
100 g	dates, chopped	100 g
2 teaspoons	cocoa	10 ml
2 teaspoons	coffee powder	10 ml
175 g	dark chocolate, broken into pieces	175 g
1 can (400 g)	condensed milk	1 can (400 g)
1 teaspoon	vanilla essence	5 ml

Method:

Grease and line a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MEDIUM-HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Cakes, Desserts and Slices

Shortbread Biscuits

Makes: 24 biscuits

Ingredients:

125 g	butter	125 g
4 tablespoons	icing sugar	60 ml
60 g	self-raising flour	60 g
60 g	plain flour	60 g
60 g	cornflour	60 g
1 tablespoon	milk	15 ml

Method:

Cream butter and icing sugar until light and fluffy. Add flours and milk to mixture and mix until well combined. Pinch off small amounts of mixture and roll into balls. Place approximately 8 balls at a time onto a dinner plate in a circular pattern. Cook on MEDIUM-HIGH for 1 minute and 45 seconds to 2 minutes. Allow to cool slightly before removing and cooling completely on a wire rack.

Basic Pie Crust

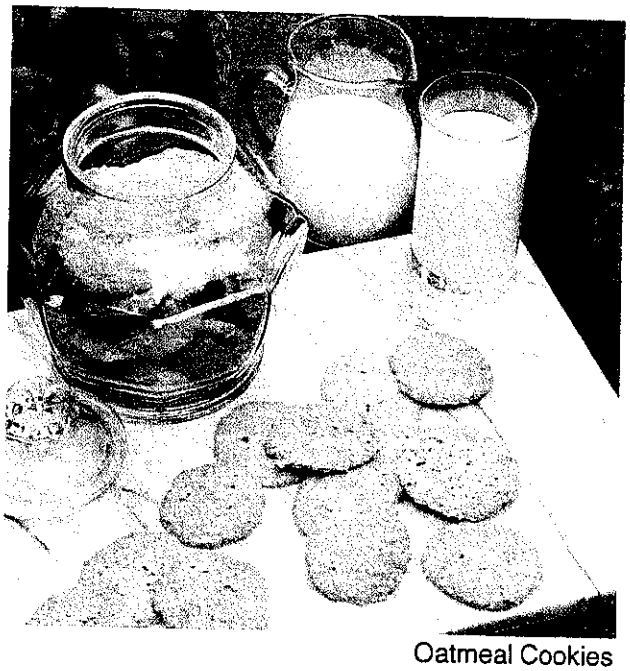
Makes: 1 x 20 cm pie shell

Ingredients:

2 cups	plain flour	500 ml
125 g	butter cut into pieces	125 g
2	eggs, lightly beaten	2

Method:

Sift flour into a bowl, add butter and rub in until mixture resembles fine breadcrumbs. Make a well in the centre, add eggs cutting through with a bread and butter knife, lightly knead. Roll out pastry to fit a 20 cm pie plate. Line the pie plate with pastry and prick several times with a fork. Weight the pastry with rice or similar to hold it flat whilst cooking. Cook on MEDIUM for 6 to 8 minutes elevated on a small rack. Use as required.



Oatmeal Cookies

Chocolate Fudge

Makes: 1 x 20 cm square slice

Ingredients:

300 g	chocolate pieces	300 g
1 can (400 g)	condensed milk	1 can (400 g)
1 cup	chopped nuts	250 ml

Method:

Grease a 20 cm square dish. Place chocolate and condensed milk in a 2-litre jug and cook on HIGH for 2 minutes. Stir then cook on MEDIUM-HIGH for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into squares when cold.

Chocolate and Coffee Truffles

Makes: approximately 24

Ingredients:

1 cup	icing sugar	250 ml
4 tablespoons	cocoa	60 ml
1 tablespoon	instant coffee powder	15 ml
60 g	plain sweet biscuits, crushed	60 g
60g	butter	60 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	condensed milk	125 ml
	chocolate sprinkles	

Method:

Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place butter in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool butter slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to from balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Oatmeal Cookies

Makes: approximately 48 cookies

Ingredients:

1 cup	brown sugar	250 ml
1	egg	1
1/2 teaspoon	cinnamon	2 ml
1 teaspoon	baking powder	5 ml
3/4 cups	plain flour	190 ml
1 1/2 cups	rolled oats	375 ml
125 g	butter	125 g

Method:

Cream butter and sugar until light and fluffy. Add egg and mix well. Fold in remaining ingredients and mix well. Place teaspoonsful of mixture onto a large greased heatproof dinner plate (approximately 6 at a time). Cook on MEDIUM-HIGH for 1 1/4 minutes to 1 1/2 minutes. Allow to cool slightly on plate before removing and completely cooling on a wire rack. Repeat above procedure until all mixture is used.

Micro-made Extras

Strawberry Liqueur

Makes: 750 ml

Ingredients:

500 g	sugar	500 g
500 g	washed and hulled strawberries	500 g
600 ml	brandy or whisky	600 ml

Method:

Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 15 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Coffee Liqueur

Makes: 850 ml

Ingredients:

1 1/2 cups	hot tap water	375 ml
2 cups	sugar	500 ml
1/3 cup	freeze dried coffee	85 ml
3 teaspoons	vanilla essence	15 ml
2 cups	vodka	500 ml

Method:

Pour water into a 4-litre casserole dish. Add remaining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

Irish Coffee

Serves: 1

Ingredients:

3/4 cups	ready made coffee	190 ml
1	nip whisky	1
	whipped cream	

Method:

Place coffee and whisky in a cup. Heat on HIGH for 1 1/2 to 2 minutes, until nearly boiling. Pipe whipped cream on top and serve.

Note: 2 cups (500 ml) will take approximately 3 minutes to heat.

HINT:
STEAMED HAND TOWELS:
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

Spicy Chocolate Drink

Spicy Chocolate Drink

Serves: 2

Ingredients:

2 teaspoons	coffee powder	10 ml
2 teaspoons	drinking chocolate	10 ml
1/2 teaspoon	cinnamon	2 ml
2 teaspoons	sugar	10 ml
2 cups	milk	500 ml

Method:

Blend coffee, drinking chocolate, cinnamon and sugar in a 4-cup (1 litre) heatproof jug. Gradually stir in milk. Cook on MEDIUM for 6 minutes. Pour into coffee mugs. Decorate with whipped cream or a marshmallow if desired.

Peppermint Cooler

Serves: 4

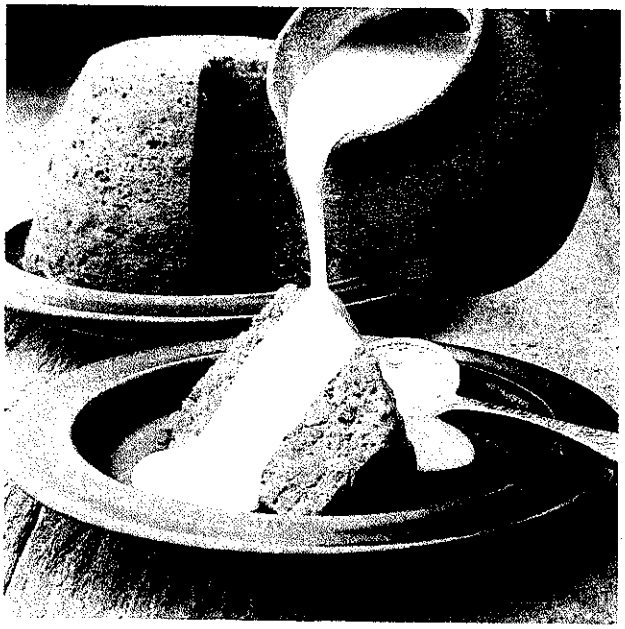
Ingredients:

3	peppermint tea bags	3
4 cups	cold water	1 litre
	juice of 1/2 lemon	
	ice blocks	
4 slices	lemon or lime	4 slices
	mint leaves to garnish	

Method:

Place teabags and water in a large jug. Cook on HIGH for 10 to 12 minutes. Stand for 2 to 3 minutes then discard teabags. Cool. Add lemon juice. Refrigerate until well chilled. Serve in long glasses with ice blocks. Garnish with lemon or lime slices and mint leaves.

Micro-made Extras



Stirred Custard

Lemon Butter

Makes: 1 cup (250 ml)

Ingredients:

1/2 cup	lemon juice	125 ml
1 tablespoon	lemon rind	15 ml
1/3 cup	sugar	85 ml
3	egg yolks	3
1 tablespoon	butter	15 ml
1 tablespoon	cornflour	15 ml

Method:

Blend all ingredients in a 4-cup (1 litre) glass jug. Cook on MEDIUM for 4 - 5 minutes, stirring every minute.

Pour into hot sterilised jars and seal immediately.

Tomato Chutney

Makes: 3 cups (750 ml)

Ingredients:

250 g	onion, finely chopped	250 g
1.5 kg	ripe tomatoes, skins removed and tomatoes chopped	1,5 kg
1 teaspoon	salt	5 ml
1 teaspoon	paprika	5 ml
	pinch cayenne pepper	
150 ml	malt vinegar	150 ml
175 g	sugar	175 g

Method:

Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilized jars and seal.

Stirred Custard

Makes: Approximately 750 ml

Ingredients:

3 tablespoons	sugar	45 ml
2 tablespoons	custard powder	30 ml
1 1/2 cups	milk	375 ml
2	egg yolks, lightly beaten	2
1 teaspoon	vanilla essence	5 ml

Method:

Combine sugar and custard powder in a 4-cup (1 litre) jug. Gradually stir in milk until smooth. Cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on MEDIUM for a further 30 to 60 seconds. Add vanilla, stir well and serve.

Fruit Mince

Serves: 4

Ingredients:

250 g	mixed dried fruit	250 g
1 can (440 g)	crushed pineapple and juice	1 can (440 g)
1	cooking apple peeled, cored and grated	1
1 cup	brown sugar	250 ml
1 tablespoon	brandy	15 ml
1 teaspoon	nutmeg	5 ml
1 teaspoon	cinnamon	5 ml
1 tablespoon	cornflour	15 ml
1/4 cup	water	60 ml

Method:

Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

Cucumber Pickle

Ingredients:

2	cucumbers	2
2	onions, chopped	2
2 tablespoons	salt	30 ml
250 ml	malt vinegar	250 ml
2/3 cups	sugar	165 ml
1/2 teaspoon	celery seeds	2 ml
1/2 teaspoon	mustard seeds	2 ml

Method:

Wash cucumbers and remove ends, dice (do not peel). Place cucumber in a bowl, add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in a jug and cook on HIGH for 2 minutes. Stir and cook on HIGH for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.

Cheese Sauce

Makes: 1 1/2 cups (375 ml)

Ingredients:

40 g	butter	40 g
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
1/2 cup	grated cheese	125 ml

Method:

Melt butter in a 1-litre jug on HIGH for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on HIGH for 2 to 3 minutes. Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve with vegetables of your choice.

Caramel Sauce

Makes: 2 cups (500 ml)

Ingredients:

1 can (400 g)	condensed milk	1 can (400 g)
1/4 cup	brown sugar	60 ml
2 tablespoons	golden syrup	30 ml
300 ml	cream	300 ml

Method:

Combine condensed milk, brown sugar and golden syrup in a 1-litre jug, mix well. Cook on HIGH for 4 to 5 minutes stirring halfway through cooking. Add cream and stir until combined. Serve over ice cream.

Chocolate Macadamia Nut Sauce

Makes: Approximately 1 cup (250 ml)

Ingredients:

200 g	dark chocolate	200 g
1/2 cup	cream	125 ml
1/4 cup	macadamia nuts, chopped finely	60 ml

Method:

Place chocolate and cream in a 500 ml pyrex jug, melt on HIGH for 1 to 2 minutes. Add nuts and serve hot over ice cream.

Apple Spread

Makes: 1 1/2 cups (375 ml)

Ingredients:

6	medium apples, peeled and grated	6
1/4 cup	water	60 ml
1 cup	caster sugar	250 ml
2 tablespoons	lemon juice	30 ml

Method:

Place apples and water in a 3-litre casserole dish and cook covered on HIGH for 7 to 8 minutes, stirring once during cooking. Add sugar and lemon juice, cover and cook on HIGH for 14 to 16 minutes. Allow to cool, then puree until smooth. Pour into clean sterilised jars and seal.

Jam

Sweet Apricot Jam

Makes: Approximately 500 ml

Ingredients:

750 g	dried apricots, cut in quarters	750 g
1.8 litres	water	1,8 litres
1.3 kg	sugar	1,3 kg
2 tablespoons	pectin	30 ml

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Rich Chocolate Sauce

Makes: 1 1/4 cups (310 ml)

Ingredients:

200 g	chocolate pieces	200 g
300 ml	cream	300 ml

Method:

Combine chocolate and cream in a 1-litre jug. Cook on HIGH for 2 minutes, mix well. Serve over ice cream.

Sweet Berry Sauce

Makes: Approximately 2 cups

Ingredients:

1/2 cup	caster sugar	125 ml
1/2 cup	water	125 ml
500 g	berries	500 g
2 tablespoons	water	30 ml
1 tablespoon	cornflour	15 ml

Method:

Combine sugar and water in a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add berries and cook on HIGH for 3 to 4 minutes. Blend water and cornflour and mix into berry sauce. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

Micro-made Extras

Spaghetti Meat Sauce A

Recipe Prompting

Serves: 4 to 6

Ingredients:

500 g	minced beef	500 g
1	onion, chopped	1
1 teaspoon	minced garlic	5 ml
1 can (425 g)	tomatoes	1 can (425 g)
1 cup	tomato paste	250 ml
2	beef stock cubes	2
1 tablespoon	dried mixed herbs	15 ml
1 tablespoon	worcestershire sauce	15 ml
	pepper	

Method:

Combine all ingredients in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes, stir. Cook on MEDIUM-HIGH for 16 to 20 minutes, stirring halfway through cooking. Serve with spaghetti.

To Cook by One Touch Cooking:

Prepare as above, cover with plastic wrap and press Meat Sauce then Start .

Hollandaise Sauce

Makes: 3/4 cups (190 ml)

Ingredients:

60 g	butter	60 g
2 tablespoons	lemon juice	30 ml
2	egg yolks	2
1/4 cup	cream	60 ml
1/2 teaspoon	mustard	2 ml
1/4 teaspoon	salt	1 ml

Method:

Place butter in a 2-cup (500 ml) jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Mint Sauce

Makes: Approximately 1/4 cup (60 ml)

Ingredients:

1/4 cup	water	60 ml
1 tablespoon	sugar	15 ml
2 tablespoons	brown vinegar	30 ml
2 tablespoons	mint, finely chopped	30 ml

Method:

Combine all ingredients in a 1-cup (250 ml) jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

HINT:
COOKING SAUCES:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

Creamy Bacon Sauce

Recipe Prompting

Makes: Approximately 300 ml

Ingredients:

1	onion, chopped	1
3	bacon rashers, chopped	3
1 teaspoon	minced garlic	5 ml
300 ml	cream	300 ml
1/4 cup	parmesan cheese	60 ml
	pepper	
2 tablespoons	chopped fresh parsley	30 ml

Method:

Place onion, bacon and garlic in a 2-litre casserole dish and cook on HIGH for 4 to 5 minutes. Add cream, parmesan cheese and parsley and mix well. Cook on HIGH for 3 to 4 minutes.

Lemon Sauce

Makes: 250 ml

Ingredients:

1 tablespoon	butter	15 ml
1/2 cup	sugar	125 ml
1 cup	water	250 ml
2 tablespoons	cornflour	30 ml
1/2 teaspoon	grated lemon rind	2 ml
2 tablespoons	lemon juice	30 ml

Method:

In a 4-cup (1 litre) glass jug heat butter on HIGH for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on HIGH for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

Mushroom Sauce

Makes: 1 1/2 cups (375 ml)

Ingredients:

3 tablespoons	margarine or butter	45 ml
2 tablespoons	flour	30 ml
1 teaspoon	soy sauce	5 ml
3/4 cups	cream	190 ml
	salt and pepper to taste	
1/2 teaspoon	curry powder	2 ml
1 can (190 g)	drained mushrooms or fresh mushrooms, sliced	1 can (190 g)

Method:

Place butter or margarine in a 4-cup (1 litre) glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

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Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
The oven lights dim.	When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start Pad was not pressed after programming.	Press Start Pad.
	Another programme has already been entered into the oven.	Press Stop/Reset Pad to cancel the previous programme and progamme again.
	The programme has not entered correcty.	Programme again according to the Operating Instructions.
	Stop/Reset Pad has been pressed accidentally.	Programme oven again.
The words "DEMO MODE"* appear on the screen.	Clock Pad has been pressed three times.	Deactivate mode by pressing Clock Pad three times.
When the oven is turning on, there is noise coming from Glass Tray.	Roller Ring and oven bottom are dirty.	Clean these parts according to Care of Your Oven (See next page).

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Microwave Oven

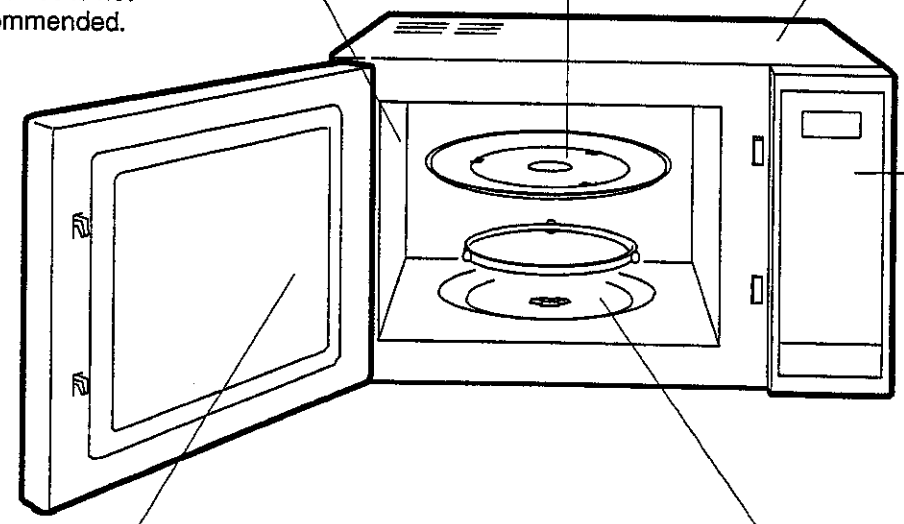
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace Roller Ring and Glass Tray in the proper position and press Stop/Reset Pad to clear the display window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:
Remove and wash in warm sudsy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a nonabrasive cleanser.

Outside oven surfaces:
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

Roller Ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild sudsy water or dishwasher. These areas should be kept clean to avoid excessive noise.

Technical Specifications

	NN-7855	NN-6855/6755/6705/6455/6405 NN-6855A/6755A/6705A/6455A/6405A
Power Supply*:	220, 230, 240 V 50 Hz	220, 230, 240 V 50 Hz
Power Consumption:	1,400 W	1,400 W
Output**:	900 W	900 W
Outside Dimensions (H x W x D):	356 x 595 x 415 mm	306 x 555 x 425 mm
Oven Cavity Dimensions (H x W x D):	259 x 415 x 385 mm	201 x 375 x 395 mm
Operating Frequency:	2,450 MHz	2,450 MHz
Trim Kit:	NN-TK792	NN-TK652 (for NN-6855/6755/6455) NN-TK652A (for NN-6855/6755/6455/6855A/6755A/6455A) NN-TK682 (for NN-6705/6405) NN-TK682A (for NN-6705/6405/6705A/6405A)
Trim Kit Cabinet Opening Specification (W x H):	632 x 440 mm	562 x 380 mm
Uncrated Weight:	Approx. 18.5 kg	Approx. 17 kg

* Voltage requirement may differ by country. Check your identification plate for power supply voltage required.
** IEC 705-88 Test Procedure
Specifications subject to change without notice.

Quick Guide to Operation

Feature	How to Operate
To Set Clock (☛page 10)	Clock → (Hours) (Mins) 10 Min 1 Min 10 Sec 1 Sec → Clock Set time of day.(Max 12:59)
To Set / Cancel Child Safety Lock (☛page 11)	**To Set:** Start (3 times) → Display: LOCK **To Cancel:** Stop/Reset (3 times) → Display: 11:25
To Cook / Reheat / Defrost by Micro Power and Time Setting (☛page 12)	Micro Power → 10 Min 1 Min 10 Sec 1 Sec → Start Select power. Set the cooking time.
To Defrost using "Auto Defrost" Pad (☛page 14)	Auto Defrost (1.0 kg / 0.1kg) → Start Set the weight of food.
To Use as a Kitchen Timer (☛page 21)	Timer → 10 Min 1 Min 10 Sec 1 Sec → Start
To Set Standing Time (☛page 21)	Set the desired cooking programme. → Timer → 10 Min 1 Min 10 Sec 1 Sec → Start
To Set Delay Start (☛page 21)	Timer → 10 Min 1 Min 10 Sec 1 Sec → Set the desired cooking programme. → Start
To Use "Recipe Prompting" (☛page 22)	Recipe → Method (▲ FWD / ▼ REV) Select the desired recipe.

Only for NN-7855/6855/6755/6705

To Cook using "One Touch Cooking" Pads (☛page 16)	Press the desired food category pad. (e.g. 9 Chicken / 10 Beef) → Start (Once for Chicken and twice for Beef)
To Reheat using "Sensor Reheat" Pad (☛page 17)	Sensor Reheat → Start

Only for NN-6455/6405

To Reheat using "Auto Reheat" Pad (☛page 20)	Auto Reheat → Start Select the desired weight.